



**Take Control of Your Oral Health**

# **HealThy Mouth Handbook**

**The tools and techniques you need to  
stop the bacteria that cause even  
advanced periodontal disease  
in your own mouth**

**[www.OraWellness.com](http://www.OraWellness.com)**

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## **Forward by Robin Sinclair, Naturopathic Physician**

The authors of this book are incredible educators. They take a complex disease and break it down into clear and understandable parts that anyone can read and achieve not just a clear understanding of gum disease, but a better understanding of how it relates to health in general. Often patients leave the dentist office with little to no education on how they obtained gum disease and what to do to prevent it. The authors have really taken a great deal of time to consolidate a base of important information regarding oral health and comprised an easy to understand book that is a must read for everyone who wants to take charge of their health. What an incredible tool! This book should be available through every dentist and health care provider.

As a Naturopathic Doctor, my goal is to help educate my patients on how to improve their terrain in order to prevent disease. Oral health is an important part of this. I am thankful that the authors have created such a great program to help educate and empower patients on how to achieve this greater oral health in their own lives.

I personally love the OraWellness blend and use it twice a day. Since using the blend I have not had a cavity (which I used to get every year) and my tooth sensitivity has disappeared! I highly recommend OraWellness and their products for both the treatment and prevention of gum disease.

Dr. Robin Sinclair  
August, 2011

## INTRODUCTION

We are here to help you navigate to greater oral health and whole being wellness. We look forward to hearing your questions and comments. We are very reachable via [Facebook](#), [Twitter](#), [Youtube](#) as well as [www.OraWellness.com](http://www.OraWellness.com) (as well as by phone and email of course).

We are so excited and grateful to have the opportunity to share with you tools and techniques that have drastically improved our oral health for many years. As you start this journey of taking care of your own OraWellness, be patient with yourself and know that thousands of people just like you have successfully healed their gums and have a mouth full of healthy teeth to prove it!

The information we share with you here is not meant to replace care from a qualified dentist. It is meant to empower you to know how to better care for your mouth health. We have found the best dental care program for us has been:

1. to realize that each of us is the most important individual involved in creating our dental health and
2. to find a qualified dentist who is willing to work as a trained specialist to help YOU create the OraWellness you want.

You are the most important person involved with your own health. Dentists and doctors are highly skilled technicians and support staff. Seek the ones that are willing to listen to your desires and help you create the health you desire. They are out there. We highly encourage you to find a dentist who is flexible, willing to listen to you and be the skilled, knowledgeable helper.

**Disclaimer:** We aren't doctors or dentists. We're not diagnosing anything nor are we suggesting a treatment plan for any diagnosed disease. That said, we are going to share with you how we have successfully stopped gum disease and actually reversed the damage caused in our own mouths.

What we are going to show you that we have done some dentists will say is impossible. For us, the proof is in our mouths and the mouths of thousands of others like us! With that we welcome you along your path to greater OraWellness!

### **The story of the boat with a leak...**

We all know the story... You are in a small rowboat. You see the boat has a hole and is leaking water into the boat. You have a choice to make. Which action do you take first, plug the hole or begin to bail out the water? Of course if we're thinking clearly, we would first plug the hole then begin to bail out the water. However, in our daily lives, many of us are frantically bailing water trying to live a healthy life without ever plugging the hole.

This story has real applications for us each day in how we manage our health and wellness. We will refer to this story throughout this handbook as we discuss how to create greater oral health which in turn translates into greater whole being health.

### **What Map Are You Using to Navigate to Greater Health?**

Below you will see an actual map from history of what was then called 'the Isle of California'. The story at that time was that explorers wanting to sail to the West and explore the interior of the country sailed to California and dismantled their boats. Then they carried their boats piece by piece across California with the plans to rebuild their boats to successfully sail across the second body of water. They died in the desert carrying their boat to reach a body of water that doesn't exist.



What map are you using regarding the care and treatment of gum and periodontal disease? The map from mainstream dentistry says that advanced gum disease is to be treated by painful root planing and gum surgery. That map suggests that gum tissue cannot re-adhere to the root of the tooth. We would like to offer another map for you to consider. The map that we offer in this handbook has been charted from our own personal experience navigating through advanced periodontal disease as well as the experience of many great health explorers both from today and from our past.

## TWO PARADIGMS FROM HISTORY THAT SHAPE OUR THINKING

### A comparison of theories from Louis Pasteur and Antoine Bechamp

Definition of 'Paradigm' -

how we think about something before we think about it,  
culturally passed on norms and values,  
the group of stories on a given subject which shapes our thinking

In order to maximally address gum disease in our mouths, it helps to take a quick look back into history and understand why we think the way we do when it comes to disease and the cause of disease.

We are all taught something about Louis Pasteur in childhood. The father of microbiology, Pasteur is held in very high regard as shaping the modern medical protocols with his understanding of bacteria as the cause of disease. What came from Pasteur's insights is what is known as the germ theory.

However, many of us do not know that Pasteur had a contemporary, a research scientist named Antoine Bechamp, who also brought forth a theory of the basis of disease. Called the cellular theory, or terrain theory, Bechamp's research and findings suggest that of primary importance is the immunity, what he called the 'terrain', of the host. As we will see, both theories bring forward very useful information.

I have noticed that many folks rigidly cling to one approach or the other, believing what they believe is 'right' and the other approach is 'wrong', oftentimes even without knowledge of the other approach. Before we go any further, let's take a close look at these two differing perspectives and apply them to our mouths so that we can maximally care for the health of our gums as well as the rest of our bodies.

The best comparison of the two perspectives I have seen came from a blog that is quoted in the book *The Raw Milk Revolution*. The following excerpt is from this blog.

#### Excerpt from *The Raw Milk Revolution* by David Gumpert page 50

In Pasteur's lifetime there were two competing theories of disease. Evidence is mounting on the side of the cellular theory of disease.

The Germ Theory has not been able to help us be healthy.



### **Germ Theory (Pasteur)**

1. Disease arises from microorganisms outside the body.
2. Microorganisms are generally to be guarded against.
3. The function of microorganisms is constant.
4. The shapes and colors of microorganisms are constant.
5. Every disease is associated with a particular microorganism.
6. Microorganisms are primary causal agents.
7. Disease can 'strike' anybody.
8. To prevent disease we have to 'build defenses.'

### **Cellular Theory (Bechamp)**

1. Disease arises from microorganisms within the cells of the body.
2. These intracellular microorganisms normally function to build and assist in the metabolic processes of the body.
3. The function of these organisms changes to assist in the catabolic (disintegration) processes of the host organism when that organism dies or is injured, which may be chemical as well as mechanical.
4. Microorganisms change their shapes and colors to reflect the medium.
5. Every disease is associated with a particular condition.
6. Microorganisms become 'pathogenic' as the health of the host organism deteriorates. Hence, the condition of the host organism is the primary causal agent.
7. Disease is built by unhealthy conditions.
8. To prevent disease we have to create health.

Let's condense some of the key differences of these two theories. Pasteur's germ theory suggests:

1. We are victims to pathogenic diseases in the form of disease causing bacteria.
2. Pathogens are 'out there' and have to be defended against.
3. Ultimately defense is too hard, so preemptive attack is warranted.

## **Pasteur's War on Germs**

This war on germs (bacteria included) can be seen in every town as:

- routine antibiotics in commercial livestock
- more and more frequent antibiotic use in humans
- routine vaccinations
- irradiation of foods
- mandatory pasteurization
- common use of antibacterial soaps
- genetically modified crops that produce their own pesticides
- chlorination and fluoridation of municipal water supplies

The primary focus of the germ theory is to minimize exposure to external 'vectors of contamination'.

It's an unfortunate fact that rampant application of the germ theory alone does not create health.

## **Benefits of the Germ Theory**

Obviously, the germ theory offers us much benefit when it comes to stopping infection. The entire field of Western medicine is based on the germ theory. There is no way we would be able to do the medical miracles like heart surgeries without a functional understanding of the germ theory.

## **Shortcomings of exclusively applying the Germ Theory**

There are a few problems with the exclusive application of the germ theory in our lives.

Bacteria are extremely adaptive. As a survival mechanism, bacteria mutate as an adaptation to regular exposure to antibiotics. Once bacteria mutate and develop an immunity to certain antibiotics, the very job of antibiotics, to protect us from pathogenic bacteria, is lost. There is a quietly growing risk of mutated bacteria. An example of this is MRSA, methicillin resistant staphylococcus aureus. Once very rare, MRSA has been steadily expanding. For example, in 2005 more people died of MRSA than people who died of AIDS. It's an interesting fact that antibacterial soaps do not kill MRSA. So, using these soaps may be doing more harm than the perceived benefit we get from them.

Another problem with living by the germ theory alone is the fact that we, our bodies, rely on beneficial microorganisms for life! Our bodies have an estimated 3 trillion member colony of microorganisms in and on our bodies. Most of us understand that eating yogurt is good for us, but most of us don't realize just how crucial the 'beneficial bugs' are for our health. These beneficial microbes are a large part of our immune system and not only support general health but also perform a huge number of processes in



(and on) the system including helping digestion, making nutrients available for absorption, and defending the whole system from attack from predatory microbes (eg. how kefir helps to restore gut function from exposure to h pylori).

If we apply this war on germs willy nilly, where do we draw the line on this ‘attack nature’ approach before we are actually attacking the very microorganisms that support our health? Where do we draw the line between the ‘big, bad world of germs in nature’ and our bodies?

### **A closer look at Cellular Theory**

In contrast to Pasteur’s germ theory, Bechamp’s cellular theory says that the pathogenic bugs are out there, however our risk of being affected by them is completely dependent upon the internal health (immunity) of the host.



This bears repeating...

**The internal health of the individual is of primary concern as to whether exposure to pathogenic bacteria will cause disease.**

### **The Keys for Each Theory**

I simplify these two theories into their underlying focus. Pasteur’s germ theory is about preventing or stopping disease. It is focused on disease. Bechamp’s cellular theory is about creating health. It is focused on health.

### **Nobody right, nobody wrong...**

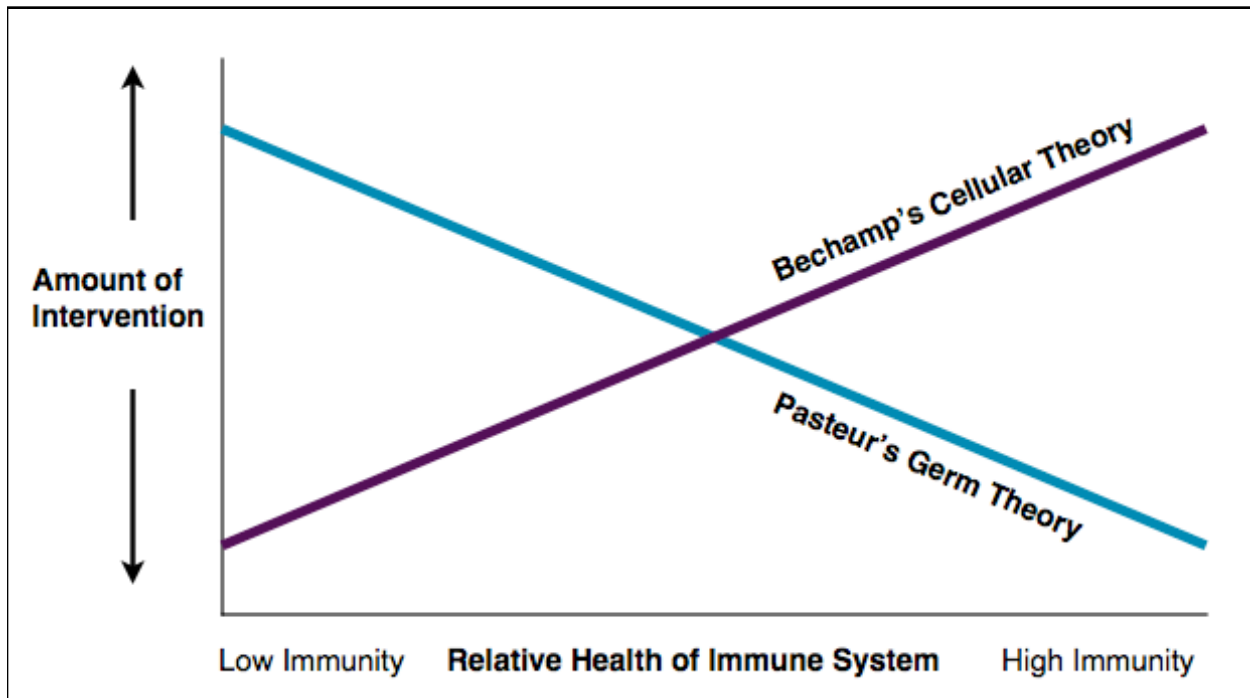
Like I stated earlier, many people discuss the merits of the theory they believe is true. An approach I want to encourage isn’t saying one theory is right and one wrong. Both theories have their merits.

The question is... How do we navigate our life to create optimal health using and applying the benefits of both theories?

To begin to answer this question, let’s see how these two theories look when combined.

### **The Navigate to Greater Health Chart**

On the next page you will find a chart that we have found very helpful in navigating to greater health and wellness using both germ theory and cellular theory.



### NAVIGATE TO GREATER HEALTH CHART

#### Making sense of the Navigate to Greater Health chart

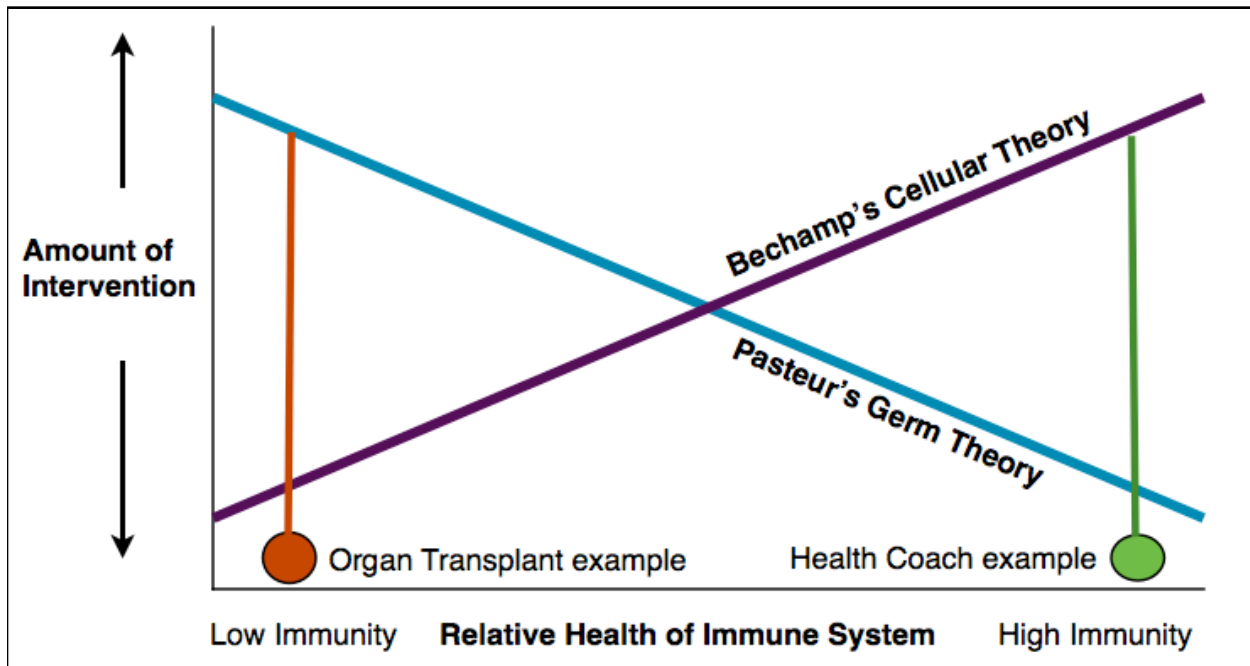
On the horizontal axis is the level of immune health a person experiences. On the vertical axis is the amount of intervention from either theory it takes to create a change.

To use the chart to help you navigate to greater health, first start by assessing where you are on the bottom axis. In other words, on a scale of 1 to 10 (10 being highest), where would you say your level of immune health is.

Be honest with yourself. Where would you say you are on the 1-10 scale of what is possible of your immune system? Most folks fall somewhere in the middle of the chart.

If we find ourselves on the lower end of health of our immune system, then we will require more intervention using Germ Theory protocols in order to avoid disease. If, on the other hand, we are creating health and wellness in our life, our need for Germ Theory intervention is lower.

Let's look at some examples using this chart to see how it applies.



### Organ Transplant example

In the chart above I have placed a red mark where a friend of mine found himself after undergoing an organ transplant. He was on pharmaceutical medicines to cancel out his immune system so his immune system would not reject the organ transplant. In this case, he was on the low end of what his immunity could be. This means his need to steer clear of 'bad bugs' was high and he needed much intervention from the germ theory to protect him, since he literally didn't have any immune system.

Could my friend take steps to raise his experience of health? Absolutely! We can apply immune supporting strategies in our lives to whatever extent we each choose. Although his immune system was wiped out, my organ transplant friend definitely could take many steps to increase his relative level of immunity and thereby create more health for himself as well as avoid disease without as much germ theory intervention.

### Health Coach example

In the second example, we'll use a friend of mine who coaches clients how to live a healthier, more vital life through optimizing their diet, exercise program and hormone levels. He walks his talk and lives in a very high state of immune health. As such, do you think he is rushing out to get the most recent flu vaccine? No. Because of the amount of intervention he applies in his daily life to Cellular Theory, he simply doesn't need to apply much Germ Theory to avoid disease.

## **Navigating to Greater Health and Vitality**

So, what do we do to avoid disease and create more health? First, get the two theories in their proper order.

First, think of ways we can create health in our lives applying immune building strategies from cellular theory.

Second, consider what steps we can take to avoid disease using germ theory tools.

### **Applying both theories to gum/periodontal disease**

Within the scope of stopping gum/periodontal disease we apply both theories. The 'in the mouth' approach applies germ theory to kill the bad bugs in the mouth to quickly stop the damage these disease causing microbes create. The 'whole body immune support' approach applies cellular theory to raise the experience of health for the individual.

For now, let's grasp an understanding about gum disease, what it is, how it progresses, what are its signs, and how gum disease affects the whole body.

## **UNDERSTANDING GUM DISEASE**

**To get where we want to go,  
we have to understand where we are and how we got here.**

In this chapter, we'll explore the following questions: What is gum disease? How do we 'catch' gum disease? What is the process how the disease progresses? What are the signs of gum disease?

First, let's address what gum disease is. Gum disease is called by many names depending on what stage of progression the disease is in as well as what time period of history you read discussing gum disease. For simplicity, we generically use the term 'gum disease' to discuss the condition in all its stages. We sometimes use the term 'periodontal disease' to signify a more advanced stage of gum disease.

### **Names that are all varying forms of gum disease**

Gum disease  
Gingivitis  
Periodontitis  
Periodontal Disease  
Trench mouth  
Pyrrrohea

### **What is gum disease?**

Gum disease is a bacterial infection along the gum line and in the pocket between each tooth and the surrounding gum tissue. There are many types of bacteria that researchers have identified as playing a role in gum disease. We commonly call these disease causing bacteria 'bad bugs'.

We want to make clear that we do not believe nor condone the general bacteria phobia that is so prevalent in our culture today. We will go into some detail about the health giving role that many bacteria contribute later. Please be aware that bacteria are completely normal in the mouth. It's an important note that bacteria are an essential part of living a healthy life. That said, when certain types of bacteria are allowed to accumulate and colonize along the gum line, they can cause the signs and symptoms we call gum disease.

In a later chapter we will address the broader question of what we can do to make our body less hospitable for these disease causing bacteria. For now, let's deal with the 'bad bugs' specifically in the mouth.

One challenge of gum disease is that it comes on slowly and quietly, sometimes taking years before the person becomes aware that something isn't quite right in their mouth. Similar to the story about cooking a frog in a pot of room temperature water and slowly

heating the water, the stealth of gum disease slowly creeps into our mouth and before we know it, we are told by a dentist that we have advanced gum disease!

Another challenge of gum disease is the fact that the disease causing bacteria are obviously very small, can hide in tiny spots in the mouth, and can reproduce very quickly. Some bacteria populations can double every 20 minutes! That can make a real mess within a short period of time.

One advantage we have in ridding our mouths of the disease causing bacteria is we understand what conditions they like and those conditions where they grow poorly. Specifically, what we want to do is disrupt and disorganize the bacteria on a regular basis. This is where very regular oral hygiene comes into play. We also know what types of food sources they prefer so can minimize or eliminate these foods to support the healing process.

Bottom line, if you are carrying the bacteria that cause gum disease, you have to make a habit of certain regular oral hygiene techniques if you have any chance of healing yourself.

### **Conditions where bad bugs thrive...**

These bad bugs like anaerobic conditions. That means that these bacteria do best in low oxygen environments. This is an important distinction when it comes to effectively eliminating them from our mouths.

Bacteria in general, including the bad bugs that cause gum disease, create a scum, called bio film. We know this bio film as plaque when it comes to bacteria in the mouth. The bacteria create this scum for two reasons. First, they make it because the scum helps them attach themselves to tooth and gum tissue. Second, bad bugs also create plaque to create a low oxygen environment for them to thrive in. If substantial time passes and the right imbalanced conditions exist in the mouth, these bacteria continue their plaque production and it becomes tartar, also called calculus. Think of calculus as condos for bad bugs. Not only can the bacteria make sure the oxygen is low within the honeycomb structure of calculus, but they also are now within a protective zone, kind of like a castle wall, which makes it much more difficult to disrupt and disorganize them!

### **Treating the effect rather than the cause...**

Many dentists follow the protocol of root planing or deep cleaning when a person has calculus and gum disease. You see, invariably, until we each realize the importance of proper oral hygiene, we are not as diligent in our cleaning as the bacteria are at building their colonies.

Unfortunately, doing a deep cleaning to rid the body of gum disease does not work. Now you know why. Unless we take actions to kill the bacteria that cause gum disease, just removing their condos is only going to temporarily knock down their camp. The

more effective protocol is to kill the bacteria that cause gum disease first, then remove the calculus from the gum pockets. What Dr. David Kennedy has found is if we apply this protocol of killing the bad bugs first, the removal of calculus is very easy. The tartar/calculus simply flakes off without lots of scraping. This makes sense because there is no bacteria along the tooth surface to continue to create scum to keep the calculus attached to the teeth.

### **How does gum disease progress?**

We'll describe here how we have come to understand the general flow and progression of gum disease. Gum disease starts by each of us contracting the specific strains of bacteria that cause gum disease. So, let's start by discussing where we 'pick up' these bad bugs.

### **Where do bad bugs come from?**

The microbes responsible for causing gum disease are now known to be communicable. That means that we get them from someone or somewhere else. However, before you become bacteria phobic, these strains need a warm, wet place to live, so you aren't going to pick them up by drinking off a glass that someone else used a few minutes ago.

We like to talk about the 3 P's as the sources of exposure: Parents, Partners, Pets

Parents, partners and pets are the three main sources of contamination of these disease causing bacteria.

Parents:

Since 9 out of 10 adults over 30 have the bad bugs in their mouths, most of us have another reason to blame our parents! :) Really though, we as parents are the most common pathway for our children to contract the bad bugs that cause gum disease. It's no surprise that 65% of 15 year olds already have gum disease. Another sad fact is that 40% of 12 year olds have moderate periodontal disease (that's not beginning stages of gum disease!) Thankfully, early gum disease is so easy to stop. The trick is education and awareness. Children simply need to learn effective oral hygiene to stop early gum disease. A little nutritional awareness would really go a long way at this point as well!

Partners:

Simply put, if your parents didn't give you the bad bugs, then chances have it that your partner's parents did! Since oral bacteria need warm, wet place to live, intimate kissing is an easy way to pass the bugs. Again, for those of us aspiring bacteria phobes, a peck from grandma isn't going to expose you. ;)

Pets:

This one is easy. Never share spit with an animal. Don't let the family dog/cat lick your face. All I need as a reminder is to remember where else these animals put their tongues! The bad bugs that cause gum disease aren't the only disease causing microbes you expose yourself to if you allow your pet to lick your face. Pets are a very common source of parasites for humans as well!



### **Gum disease progression...**

So, we pick up the bad bugs and they find a hospitable environment to do their dirty work. They begin to colonize along the gum line starting their plaque creation process. They initially feed off of food residue in the mouth, between the teeth and along the gum line. Bad bugs particularly thrive when they have processed carbohydrates to feed on. We will detail dietary suggestions to help minimize feeding these bad bugs later on in this handbook.

In early stages of gum disease there are really no signs or symptoms. The bacteria have not reached high enough concentrations and organized yet to really start the process of breaking down the tooth, bone and gum tissue.

### **Early gum disease - gum swelling, bleeding gums**

Just like most bacterial infections, an early sign of gum disease is some local swelling, redness of the gum, and maybe a little pain, tenderness or sensitivity when brushing that area. This initial stage of gum disease is commonly called gingivitis and is easily reversed.

### **The most common signs of gingivitis are red, slightly swollen, tender gums.**

Please realize that the tenderness does not have to be throughout the whole mouth. It commonly starts just between two teeth, primarily two molars and, if left unchecked, will progress from there to include more gum line. The most obvious sign of gingivitis is finding a little blood on dental floss after flossing. If you pay attention when flossing, you can feel the swollen area when you floss the connection between the two teeth where the gum disease is getting started. Sensations of swelling and tenderness are very common signs. I have found it is more common to find a little blood when flossing and not when brushing. If you have some bleeding gums when brushing, the gum disease has progressed a little further along than just between a couple teeth.





It's unfortunate in this instance of experiencing slight pain in an area of the mouth that we naturally shy away from situations that cause us pain. In this case, if we feel a little pain when flossing and are not conscious of what that means (that gum disease is getting a foothold in our mouth), we may unconsciously avoid flossing to not experience the tenderness again. This is a very poor choice at this moment of caring for our oral hygiene. It is precisely at this time where we need to increase our oral hygiene in that area and the whole mouth, rather than pay less attention and care to that infected site.

### **Gum disease progressing...**

Moving along the progression of gum disease, we find that these bad bugs begin to organize and colonize along the gum line. Some of them find their way into the sulcus, which is the furrow or pocket naturally occurring between the tooth surface and the surrounding gum tissue.

Once inside the sulcus, these bad bugs have found a place where they can really get to work. This naturally occurring gum pocket is 1-2 millimeters deep. However, once these bad bugs lay down a nice layer of plaque, they create an anaerobic (low oxygen) environment and begin to really thrive. Although still simple to reverse at this point, it is precisely here that gum disease can really begin to expand and start the real damage in the mouth.

You see, once these bad bugs have a 'home base', they can organize and increase their numbers and literally begin to colonize other gum tissue throughout the mouth.

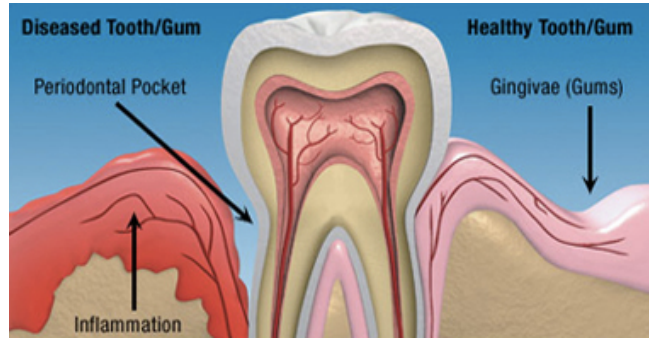
As these bad bugs continue to colonize under the gum line, they literally begin to eat the gum tissue. Naturally the gum tissue signals the body "we are being attacked here" and the body sends in our defense fighters, white blood cells. This is the infection site and the signs are swelling, increased blood flow to the area and redness. Sometimes the body's immune system can beat back the bad bug bacterial infection. However, given the number of people who generally have gum disease in our society, it's clear that our immune systems generally don't win this fight.

Dr. David Kennedy actually has seen through a microscope these bad bugs attack a white blood cell. That's really bad news and proves that our bodies need support to rid themselves of the bacteria that cause gum disease.

## Now back inside the gum pocket...

The bacteria irritate the gum tissue and the gum tissue begins to withdraw from the area of infection.

Unfortunately, this action of the gum tissue trying to get away from the infection site only deepens the gum pocket and gives the bad bugs an even deeper gum pocket to thrive in.



It is the depth of the gum pockets around the teeth that is the diagnostic tool for most mainstream dentists. Called periodontal depth probing, this technique of measuring how many millimeters deep the gum pocket is around each tooth is very, very helpful information for us to successfully address and stop gum disease in our own mouths. Although it's not essential, we highly recommend you have a copy of the most recent periodontal depth chart from your dentist. Having this information will make your home treatment protocol much more effective.

At this point when the gum tissue has basically lost the battle and is retreating, the bad bugs begin to build their castles and forts along and under the gum line. They build hard structures to house and protect themselves in. We call these fortresses calculus or tartar. Calculus is a honeycomb structure that provides the perfect conditions for the bad bugs to begin to destroy tooth tissue. These castles do many things for the bad bugs. They allow them to maintain their low oxygen environment. The forts also protect the bad bugs from being disrupted by a toothbrush or floss. You see, in the early days of this invasion, the bad bugs only had slimy, whitish plaque to use as their protection. But since we didn't effectively remove the plaque, now they have built much more effective forts from which to do their dirty work.

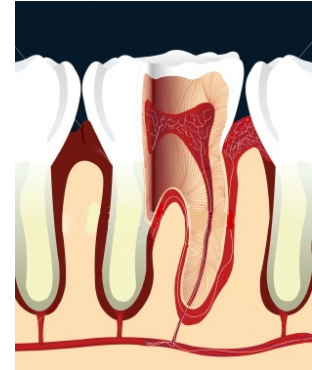
Mainstream dentistry argues that this is why their main treatment for calculus and gum disease are deep cleanings called scaling or root planing. In these processes a dental hygienist most likely goes in and scrapes the roots of the teeth along the gum line and under the gum line in the gum pocket with a sharp metal tool called a scaler to remove the calculus. After all, it makes sense right? If these bad bugs have built forts you want to remove the forts, right? Well, the problem with this approach is you have done nothing to address the actual causal issue which is a rampant bacterial infection in the gum pocket.

Dentists like Dr. Kennedy who have specialized in effectively supporting clients in healing from gum disease suggest a different approach. First, kill the bacteria. Then, once you know the bacteria are no longer present, remove the calculus. It's also interesting to note that when you effectively kill the bad bugs in the mouth, the calculus comes off very easily. Calculus literally sloughs off without an active bacterial infection.

## Back to the gum infection...

In our discussion of the progression of gum disease we have reached the point where the bad bugs have successfully colonized the gum pocket and built forts to protect their zone of attack. This has taken quite some time and the bad bugs clearly have the upper hand at this point.

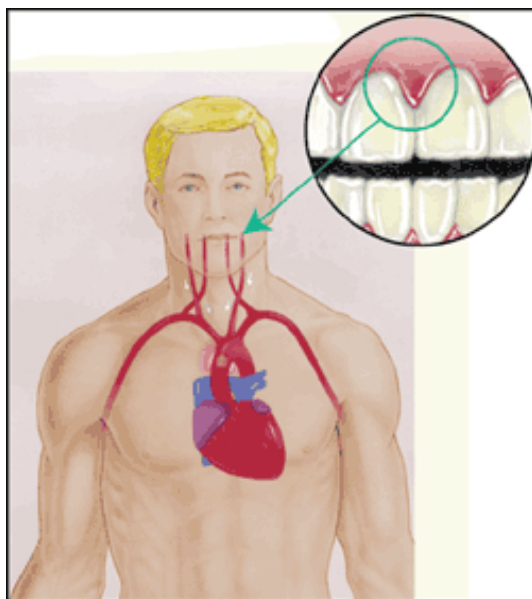
It may be useful to note that these bad bugs have already had access into the bloodstream by now. You see, after only 5 days of uninterrupted colonization in an area, the bad bugs irritate the gum tissue enough that the gum tissue sloughs off the skin in that area in an attempt to rid itself of the irritant. However, this sloughing doesn't get rid of the bad bugs and only gives them access to the tiny blood vessels, called capillaries, in the gum tissue.



At this point, it would be helpful to understand a little more about these bad bugs and how they function. Unlike the healthy bacteria and even the bacteria that causes tooth decay that just kind of hang out, the bad bugs that cause gum disease are very active. They wiggle, swim and otherwise move around a lot. This activity is the very action that is problematic if they have access to the bloodstream. You see, if the bad bugs weren't swimmers they wouldn't swim into the bloodstream. But they are very active and do swim into the bloodstream. This is not a good situation. I'll come back to this whole body issue soon. For now, let's complete the progression of gum disease in the mouth.

I bring up this issue of how bad bugs can swim into the bloodstream at this point to highlight a very important point. The sign of some blood when brushing or flossing undeniably says that these bad bugs have access into the bloodstream.

## Bleeding gums means bad bugs have open access into the whole body via the bloodstream!



Back to the progression...

Now the bad bugs have deeper gum pockets to thrive in. The 'host' (that's 9 out of 10 adults over 30) now experiences chronic offensive breath, has some receding gums, has several spots in the mouth that may bleed when flossing and may even have some teeth loosening or shifting in their place in the mouth.

The bad bugs are winning the battle. They will continue to destroy gum tissue, tooth tissue and the bone tissue that holds the teeth in place. In the meantime, they will also invade and attack

the rest of the body, primarily various internal organs, by having access to the bloodstream.

Without addressing the gum disease, the bone around each tooth will be lost until the teeth fall out of the mouth one by one. It's important to realize that the number one cause of tooth loss in adults is due to gum disease, not tooth decay. It's a sad fact that 1 out of every 3 people age 65 don't have any of their teeth left.

### **The whole body connection...**

The most alarming topic for me in this whole gum disease issue isn't the tooth loss. When I uncovered in my research that these bad bugs enter the bloodstream through the tiny capillaries in the gum tissue and travel all over the body I literally freaked out. Then, when I saw these bad bugs with my own eyes, first with the help of Dr. Kennedy then with my own microscope, I realized that others needed help with stopping the invasion in their mouths too.

### **There's nothing like seeing the bad bugs from your own mouth swimming around to motivate you!**

Ok, here is a little peek at the research that has been conducted studying the relationship of gum disease and other diseases. Below you will find a list of some of the various other diseases that researchers have found linked to gum disease. You will also find the amount of increased risk of these other diseases if the person has active gum disease. I think that once you see the list you'll understand why gum disease needs to

<b>Medical Condition</b>	<b>Increased Risk</b>
Stroke	300%
Heart Disease	72-168%
Fatal Coronary Heart Disease	50%
Preterm Birth	700%
Oral Cancer	400%
Diabetes	Increased Risk
Rheumatoid Arthritis	Increased Risk
Pneumonia Aspiration	Increased Risk

be addressed in every household. This list has the top 2 causes of death on it. Bottom line, gum disease weakens the body and increases, in some cases greatly increases, the risk of some other, seemingly unrelated, diseases in the body.

Medical science has proven what holistic health practitioners have known all along, gum disease supports and encourages a system wide inflammatory response. The bad bugs swim into the

bloodstream and attack the body's support system, including white blood cells. This attack from the bad bugs causes the body to respond to the invasion.

One of the ways the body defends itself is by substances called cytokines. Cytokines are substances produced by our own immune cells to stimulate inflammation. The body uses inflammation to fight infection. This 'defense' is called the inflammatory response.

The problem occurs when the infection is chronic. Chronic infection leads to chronic inflammation. When the body is constantly under attack, the inflammatory response becomes the norm. What follows from 'normal' inflammation is the myriad of dysfunction we call disease. It doesn't matter whether we are talking about heart disease, cancer, diabetes or arthritis and fibromyalgia, all these diseases come into being in a state of inflammation.

## PART 2 - THE HEALING PROCESS

Shifting from victimhood to creating the health you deserve.



In this section, we will cover the two approaches that will help you navigate to greater oral health as well as whole body health and vitality.

First, we will cover an important and often overlooked step in navigating to greater oral health. Then we will cover the tools, strategies, techniques applying Pasteur's germ theory approach to stopping gum disease.

Next, we will cover some tools, strategies and techniques applying Bechamp's cellular theory approach to creating greater health and vitality for the whole system to become inhospitable for gum disease bugs.

And finally, we will offer several simple steps we have found to be of significant benefit to increasing our immune response. Our hope is that you will find tools in these steps to better your health and vitality.

## GETTING TO KNOW YOUR MOUTH - THE overlooked step to greater oral health...

To get where we want to go, we first have to understand where we are.

This chapter will help you get to know what is going on in your own mouth. Once you know what's going on in your mouth, you will be in a much, much better position to effectively create greater oral health.

### The importance of recording your progress...

The first step to the HealThy Mouth System is Getting to Know Your Mouth.


We have created the OraWellness Mouth Map as a discovery tool to help you know exactly what is going on in your mouth and where you have areas that need more care and attention. One thing we have found, as a broad generalization, is that most people really don't know exactly where in their mouths the trouble spots are. It's kind of a universal 'head in the sand' attitude toward our mouths.

### Using the mouth map

Tools you will need for this part:

- Mirror
- Good light source
- The OraWellness Mouth Map
- Gum stimulator if available
- Floss
- Toothbrush
- Periodontal pocket depth chart from your dentist if available

You will find the OraWellness Mouth Map in the back of this handbook.



Take Control of Your Oral Health  
www.OraWellness.com

*"In order to reach a new destination  
we must first know our current location."*

The OraWellness Mouth Map is to be used as a discovery tool intended to help you better know what is really going on in your mouth.

The Mouth Map will help you remember the specific spots in your mouth that need more care. This map can also serve as a dated record of your self assessment for you as your oral health improves over time.

**Instructions**

**Step 1:** X out any teeth no longer in your mouth.

**Step 2:** Going tooth by tooth using a gum stimulator, tooth brush or finger, make notes of any discomforts, swelling, discoloration, pain, etc. on the mouth map.

**Step 3:** Floss while watching in a mirror. Make notes on the mouth map of any spots that bleed, feel swollen or cause any discomfort when flossed.

**Example**

Rec → 2 ← R, BI  
Ouch → 1 ←

**Note Making Suggestions**

Redness - R  
Bleeding - BI  
Pain/sensitivity - Ouch  
Gum recession - Rec  
Swelling - Sw  
Pus - Pus

**Note:** Be mindful when first starting the chart. You may not have all 32 teeth. Teeth 1, 16, 17 and 32 are wisdom teeth.

**OraWellness Mouth Map**

Right side      Top      Left side  
Bottom

Date I completed this map: \_\_\_\_\_

Take a good look around your mouth. Get out your mouth map from the OraWellness HealThy Mouth System to make notes of what you learn about your mouth. Using the mirror and a gum stimulator, go tooth by tooth making note of any gum discoloration, swelling, gum recession, tooth discoloration, pus, etc on the mouth map. Also note any spots that are painful or sensitive to the touch or that bleed when touched. Take special note of any very smelly spots you come across. Be sure to get to know both the inside and outside surfaces of the teeth and gums as well as behind your last molars! Pay particular attention to the gum line where the gums come in contact with the tooth. Gum disease is more common between the molars. So, be sure to give extra attention to the gum line around the molars.



It is most helpful if you have been to a dentist and have the chart that shows the pocket depth around each of your teeth. Ask your dentist for a copy of the chart and put the chart in a plastic sleeve for easy access until you learn all the pockets in your mouth. We will use both the pocket depth chart from the dentist as well as your mouth map when applying the antibacterial solution to the pockets.

Next, floss your teeth while watching in the mirror. Note on the mouth map any spots that bleed or are sensitive when flossed. Smell the floss after each tooth and note bad smells on the map. You will pay particular attention to these areas when using the pocket applicator or applying extra care with your oral hygiene.

Note: If you do find a bad smell between any teeth, use a new piece of floss to continue. The bacteria do smell bad and stick to the floss, you do not want to spread the bacteria to the next teeth.

Give yourself at least 20 minutes to first explore your mouth and make notes of your findings on the mouth map. The more attention you put into this step of the process the better informed you will be to effectively care for those areas that need the most care.

## **APPLYING THE 'IN THE MOUTH' APPROACH**

Goals of this part of the handbook:

- reduce and eliminate bad bugs from the mouth
- stop their colonization efforts in the mouth
- heal gum tissue to stop the bad bugs access to the rest of the body

### **OraWellness HealThy Mouth Blend**

One of the foundations of the HealThy Mouth System is the OraWellness Blend. We will cover why the formula works, what it does and how to use it.

The OraWellness Blend is a formula of organic essential oils in a base of organic almond oil. Essential oils from specific plants have been used for centuries to help promote greater health and wellness for humans. The blend has been carefully formulated to address a broad spectrum of disease causing bacteria.





## The OraWellness formula does three main jobs:

1. effectively kills the bacteria that cause gum disease
2. makes it much harder for the bacteria to cling to the teeth and gums
3. supports the gum tissue to heal quickly by increasing blood flow

## How to use the OraWellness formula:

Turn the bottle over completely and wait 2 seconds for the dropper to begin.

There is no need to shake the bottle to dispense the formula.

The temperature in your house will have an effect on the viscosity of the oils.

### 1. While brushing teeth

The formula can either be used in addition to your normal toothpaste or in place of toothpaste. We are not very fond of most toothpastes on the market. They simply have more risky chemicals and toxins in them than the benefits those chemicals offer to increase oral health. **In addition, if common toothpastes were effective at navigating to greater oral health, would 9 out of 10 adults have active gum disease?**

Place 2-4 drops of OraWellness on a wet toothbrush and brush for at least 2 minutes twice daily. Brush softly and gently paying particular attention along the gum line and between the teeth as much as possible. You may even want to invest in learning how to brush your teeth using the Bass brushing technique, a scientifically proven method of tooth brushing to reduce gum disease.

[Here is a link to a video where we explain the Bass brushing technique.](#)

If you are one of us who builds plaque efficiently on your teeth, you may benefit from making your own toothpaste. [Here's a link to one of our favorite recipes.](#)

[This recipe is a really great start to a quality paste.](#)



### 2. On dental floss:

Another very effective way to use the OraWellness formula to help create greater oral health is by flossing your teeth with the OraWellness blend. We do this by placing a drop of the formula between the thumb and fore finger (see fig 1) and running the floss between the fingers through the



OraWellness blend (see fig 2). This will coat the floss with the formula. Now you can floss as normal and know you are getting the gum disease bacteria killing essential oils into the gum pockets between your teeth.

### 3. As a mouthwash:

Yet another extremely effective way to lower the number of bad bugs in the mouth is by using the OraWellness formula as a mouthwash. Simply put 1 or 2 drops into an ounce of water and swish for 30 seconds to a minute. Be sure to swish around and between all teeth, including the molars.



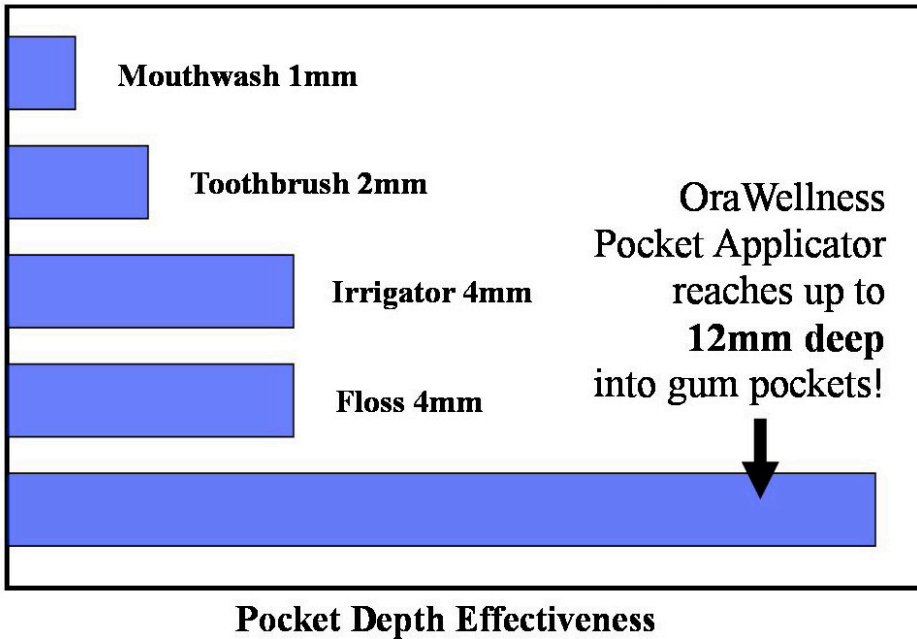
### Getting out the big tools! - using the Pocket Applicator

Before we get into the details of how to use the Pocket Applicator, we want to emphasize the importance of this little tool. If you have gum disease to the point where you have receding gums, you more than likely have gum pockets of a depth greater than 4mm deep.

No common oral hygiene tool reaches into a gum pocket greater than 4mm deep. Only the Pocket Applicator reaches into the deep gum pockets to deliver antibacterial solution at the base of the gum pocket. Putting a drop or two of antibacterial solution **at the base of the infected gum pockets** is extremely necessary for this method to work.

**Bottom line, you must kill the disease causing bacteria in the deep pockets.**

**How effective is each oral hygiene tool to reach into and clean out bad bugs from the gum pockets?**



That said, let's get into the details of how to use the pocket applicator.

To start, we will make an antibacterial solution to apply into the gum pocket using the OraWellness pocket applicator. There are several options as to what type of antibacterial agents we can use in the pocket applicator.

Choices of antibacterial agents you can use

- salt
- 3% hydrogen peroxide
- chlorine (not recommended)
- iodine
- colloidal silver
- essential oils (can damage pocket applicator so not recommended)
- antibiotics (not recommended without professional guidance)
- grapefruit seed extract

We will explain how to make an antibacterial solution that effectively kills the bacteria found deep in the gum pockets.

## Making a safe salt/hydrogen peroxide solution

It's a bit of an art to know how much of the various components to use for your home oral care solution. We're going to show you here the ranges that we use and the range of each component that is safe and effective. We will start by making an antibacterial solution on the weaker side.

We'll use the 1 ounce measuring cup that came in your HealThy Mouth System for accurately measuring and preparing the antibacterial solution.

Let's cover the various ingredients to this antibacterial solution.

### Salt:

Salt is going to act as a strong antiseptic and kill pathogenic bacteria that promote periodontal disease present in the gum pocket. Salt has been used forever as a natural cleanser and disinfectant. It's very safe and effective.

You can use any salt you have. We prefer sea salt.

Fill the one ounce cup  $\frac{3}{4}$  full of warm water. Put a couple pinches of salt into the cup and stir until it dissolves. (see fig 3 and 4) You can use more or less salt depending on how strong of an antiseptic quality you want to use. You really can't use too much salt. The water will only dissolve so much salt and the rest will just sit at the bottom. Remember that the amount of salt you use will affect the strength of the antibacterial solution and any sting you may feel when the solution comes into contact with an infected pocket.

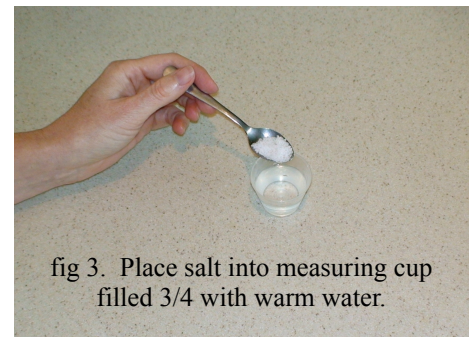


fig 3. Place salt into measuring cup filled  $\frac{3}{4}$  with warm water.



fig 4. Stir salt to dissolve

### Hydrogen peroxide:

Peroxide is going to oxidize the bacteria found in the mouth. This is especially effective to kill what are called anaerobic bacteria which are the type of bacteria that promote gum disease.

With hydrogen peroxide it is important to cover some basics about it. In the United States, we can buy 3% hydrogen peroxide at most stores. This is the most common form that you can get here in the US. However, you can purchase 35% for other applications as well as 6% in Europe. So, whatever percentage of peroxide you use, please note what % it is so you make the appropriate dilution. We use 3% because it's safer to handle. We are going to assume that you have a bottle of 3% hydrogen peroxide in this discussion.

**Warning! It is very important that you not exceed the % we show here. Using higher percentages of hydrogen peroxide in the mouth can damage and cause lesions on the cheek and gum surface.**

### **Making the Salt/Hydrogen Peroxide Solution (cont.)**

Take your 1 ounce cup that is  $\frac{3}{4}$  full of warm salt water and top it off with 3% peroxide. (see fig 5)  
That will make a .75% peroxide solution.  
The suggested range to use for in the mouth is .35-1%, never over 1.5%. So, the rule of thumb is as long as you always add more water than 3% peroxide you will stay within the range to safely use hydrogen peroxide in the mouth.



**Health note: Some people are more sensitive to hydrogen peroxide in the mouth. Therefore, if you are using the solution range we show here and develop tooth sensitivity or soreness on the gum surface make sure you lower the amount of peroxide you are using.**

Now you have your warm salt water and dilute peroxide solution ready to use with the pocket applicator.

## **USING THE POCKET APPLICATOR**

In this section, we will cover:

- when to use the Pocket Applicator
- how to use it
- setting up your space
- getting around calculus ledges
- how to know when you've gotten it

First, the Pocket Applicator is the main tool necessary to reach below 4 mm deep gum pockets. Unless we kill the bacteria at the base of the gum pockets, any attempt to stop periodontal disease will eventually fail. Use the Pocket Applicator after you have completed the OraWellness Mouth Map and know what areas in your mouth need the most attention.



The bacteria responsible for gum disease are very prolific. They can reproduce every 20 minutes. Therefore, to be successful with the HealThy Mouth System, you must be consistent with your oral care.

We encourage you to use the Pocket Applicator daily at first to really reduce the numbers of disease causing bacteria in the gum pockets. Once you have a handle on the infection, you can reduce the frequency of care with the Pocket Applicator.

### **How to use the Pocket Applicator**

We highly encourage you to watch the instructional DVD that came as part of the HealThy Mouth System before attempting to use the Pocket Applicator. Take your time getting to know this very effective tool. Once you have an understanding how to use the pocket applicator, begin your gum pocket home care protocol.

It is a bit of an art to learn to use the Pocket Applicator to access all the gum pockets in your mouth. Be patient with your progress. You are taking massive steps to create greater oral health for yourself.

In this section, you will need:

- Your completed OraWellness Mouth Map
- A mirror
- A well lit space
- Your Pocket Applicator
- The salt/hydrogen peroxide solution we made in the last section
- a cup to spit out the solution once used

### **The Pocket Applicator:**

First, it's important to note that the Pocket Applicator is blunt tipped. We are not puncturing any tissue with the Pocket Applicator, only applying the antibacterial solution between the tooth root and gum tissue, in the gum pocket.

The Pocket Applicator has a rounded, blunt tip and is equipped with side port hole to apply the solution deep in the gum pocket.

### Step One: Filling the applicator

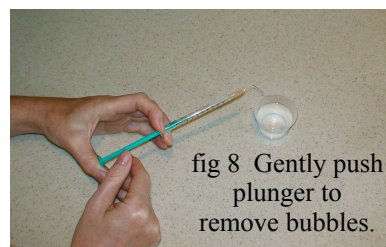
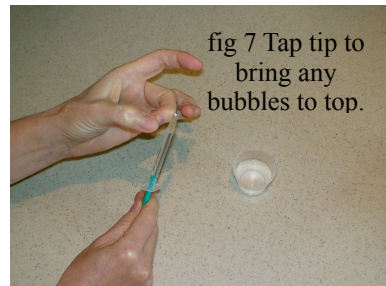
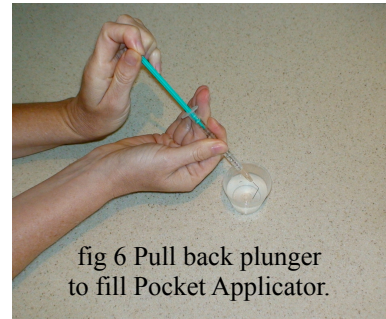
Insert the tip of the Pocket Applicator into the salt/peroxide solution (the solution). Pull back the plunger on the Pocket Applicator to fill the chamber with solution. Keep the tip in the solution to avoid bringing bubbles into the applicator (see fig 6). Once filled, turn the tip up and gently tap the top to bring any bubbles to the tip (see fig 7). Gently push the plunger to remove any bubbles (see fig 8).

The Pocket Applicator is now ready to be used to place solution at the base of the gum pocket.

### Step Two: Using the applicator in the gum pocket

#### Angle is key...

The proper angle for the Pocket Applicator is to have the tip laying along the tooth surface while sliding the tip gently down into the gum pocket. It's a very important distinction that we are not puncturing any tissue! We are simply sliding the tip of the applicator between the tooth and gum into the gum pocket.



To practice, start on an easy to access front tooth and slide the tip of the applicator along the tooth surface into the gum pocket. Generally, the gum pockets on the front teeth are rather shallow. So, you may only go in the pocket a bit before you feel the tip 'bottom out' in the full depth of the pocket. An important skill to learn is to feel when the tip of the Pocket Applicator reaches the bottom of the gum pocket.

Watching yourself using the Pocket Applicator is very helpful when learning the proper angle to use when caring for your gum pockets. In your bathroom will work, however, we have found that sitting down with a small mirror at a table is more comfortable and gives more capability to get into the process.

## **Techniques how to use the Pocket Applicator:**

### **Whole mouth:**

We highly recommend that you use the Pocket Applicator throughout the whole mouth for the first several uses. Putting in the time to apply the antibacterial solution deep into the gum pockets throughout the mouth will give you the greatest capability to learn all the nooks and crannies of your gum pockets and a real head start in gaining the upper hand on your gum infection.

We have 4 'passes' to make to cover the whole mouth.

The 4 passes are:

- Upper teeth, outside surface (cheek side)
- Upper teeth, inside surface (tongue side)
- Lower teeth, outside surface (cheek side)
- Lower teeth, inside surface (tongue side)

To use the Pocket Applicator through the whole mouth, start at 'one corner'. For example, start on the lip (outer) surface of the teeth, on the top, on one side at the back most molar. Now, tooth by tooth, take the tip of the applicator and feel your way into each gum pocket until you have reached the last tooth on the other side of the mouth. Again, be patient with learning how to handle the Pocket Applicator. After a few uses, handling it will be very simple.

Each tooth has 6 spots that you want to check for a pocket; 3 spots on the outer (cheek) side and 3 spots on the inner (tongue) side. So, using this technique, you will feel your way along the 3 outer spots on the last tooth, then staying on the outer surface, go to the next tooth and explore the 3 outer spots on that tooth. You will go tooth by tooth, exploring 3 spots on each tooth, until you reach the back tooth on the other side of the mouth. Now you have completed 1 of the 4 passes in your mouth. Don't worry, you will get much faster using the applicator.

Apply a drop or two of the solution by depressing the plunger a bit in each of the 3 spots along each tooth. We do not recommend that you squirt lots of fluid into the deep pockets as that can push the bad bugs into the bloodstream. Rather, just apply a drop or two into the gum pocket. You can see the fluid will squish out of the gum pocket a little bit as you depress the plunger. When you have emptied the Pocket Applicator, simply refill it with more solution and continue along the pass where you last stopped.

You will also get to the point of having your mouth full of the salt/peroxide solution. Spit this out. Any salt/hydrogen peroxide solution left over after using the Pocket Applicator can be used as an effective antibacterial mouthwash. Swish with remaining solution then rinse with warm water.



During the home care, keep your Mouth Map handy so you can add any notes of your findings while using the Pocket Applicator. You will also want to put extra care to any areas you found that bleed, smell bad, have pain or swelling when getting to know your mouth.

With practice, you can use the Pocket Applicator through the whole mouth in less than 15 minutes.

## **Pocket Applicator technique #2: Tooth by tooth**

Once you have gotten used to using the Pocket Applicator, you can use the applicator on a tooth by tooth basis. Again, we highly encourage you to care for the whole mouth for several weeks consistently prior to attempting to isolate specific 'trouble spots' and care only for them. The whole mouth is a fantastic bacteria growing place. It's warm and moist all the time! That means the bad bugs can and will travel from pocket to pocket. Therefore, it is very important that we effectively use the Pocket Applicator on the whole mouth before caring only for the 'trouble spots'.

Once you have treated you whole mouth on a regular basis for a few weeks and you know where your trouble spots are, you can use the Pocket Applicator on just a couple gum pockets that you know need more consistent support and care. Simply make up your antibacterial solution and apply the solution using the Pocket Applicator to the specific gum pockets.

## **Getting around calculus ledges**

If you have deep pockets, then the bad bugs have been working on destroying your gum, bone and teeth for some time! The bad bugs may have built their fortresses already. These fortresses are called calculus or tartar. They are like little condominiums where the bad bugs can even better maintain their anaerobic environment undisturbed by your oral hygiene attempts of routine brushing and flossing to remove them. When sliding down the tooth surface 'feeling' your way to the bottom of the gum pocket, sometimes you will hit something that feels like it's stopping you from getting to the bottom of the pocket. This is a calculus ledge. It is helpful to make note of any calculus ledges you find on your Mouth Map so you can remember during your next home care where they are and how to get around them. In time, they will dissolve as the bad bugs die and aren't there to reinforce the calculus any longer. Actually, once you begin to win the battle with the bad bugs, the ledges will flake off very easily and won't require any painful, destructive root planing.

## **How to Know When You Have 'Gotten it':**

You will quickly learn to feel when you have reached the bottom of the gum pocket. It will become a quick insert, feel, place a drop or two, 'walk or hop' the applicator tip to the next spot on that tooth, place another drop, hop to the next, and so on.

## **If you feel pain...**

Where there is gum swelling, inserting the tip into the gum pocket can cause some pain. Also, when you place some antibacterial solution into an infected pocket you may experience some pain as well. We have learned to call these experiences “I just got a zinger!”. This is a good sign. It means that you just applied some solution right on the problem! Learn to love the small pain signals from your gum pocket care. They mean that you just found a bad bug colony and poured some salt on them!

Be sure to care for all spots in your mouth where you discovered any signs of gum disease during your Getting to Know Your Mouth. It is vitally important that we effectively kill the bad bugs in all the gum pockets throughout the mouth if we want to get the upper hand and stop the damage they cause.

## **Frequency of home care is key!**

Remember, these bad bugs can double every 20 minutes! It is much more effective to use the Pocket Applicator everyday than every few days. You must get the upper hand on the infection or it will continue to destroy your health.

Above all, we are here to support you in completely understanding how to use the Pocket Applicator effectively and safely. Feel free to contact us at [info@OraWellness.com](mailto:info@OraWellness.com) with any questions.

## **Other ‘in the mouth’ tools and techniques to support greater oral health**

### **Tongue scraping - the BEST method to reduce bad breath!**

Scraping your tongue is a very important oral hygiene step, especially if you have chronic bad breath. Bottom line is most of the bacteria that cause bad breath live on the back of the tongue. The very best technique we have found to effectively knock down the bad breath bugs on the tongue is a two step process.

#### **Step one: scrape the tongue**

First, scrape your tongue using a spoon or tongue scraper. We have found a specific tongue scraper that is the best tongue scraper on the market. [You can find this scraper in the OraWellness store.](#)

So, first, scrape the tongue to remove the bio-film, or scum, that bacteria create to make a low oxygen environment.

## **Step two: apply OraWellness formula to tongue**

Second, and commonly overlooked step to stop bad breath, is to kill the bacteria on the tongue using some safe antibacterial. We recommend you either brush your tongue with your toothbrush with a drop or two of OraWellness blend or you can swish with a drop in an ounce of water. Either technique will effectively kill the bacteria on the tongue now that you have scraped off their protective layer.

We have created an educational video that details this two step process of how to most effectively clean the tongue. You can find it at [www.OraWellness.com](http://www.OraWellness.com) under Education then Videos.

## **Dental irrigation:**

Irrigators are a great preventive tool for children and teens to reduce the chance of developing gum disease. Irrigators can also be a useful tool to help manage gum disease. However, if a person has gum pockets over 4 mm deep, irrigators won't reach the bottom of the pockets, where the bad bugs have colonized. Irrigation can really help keep gum disease from spreading from the deep pockets into other areas if used carefully.

The best dental irrigator we have found on the market is called the Viajet. One reason we like the Viajet so much is you can bring the water pressure down very, very low. They also have a thinner tip to apply antibacterial solution along the gum line well. However, it doesn't get under the gum line sufficiently to stop deeper gum pockets. You can find the Viajet irrigator in our store at [www.OraWellness.com](http://www.OraWellness.com).

The Viajet irrigator is a fun tool for kids to use. It's easy to manage and gives kids the control to play with a stream of water into their mouths. The added plus is the children can actually be doing some real good if some instruction is given where to apply the water stream. We like to put a little iodine in the irrigator water to use as the antibacterial agent. We do not recommend putting the OraWellness formula in irrigators as the volatile oils can damage cheaper plastics used in some irrigators.

## **Bass Brushing Technique:**



There is a technique out of history which is scientifically proven to reduce the incident of gum disease. Doesn't that surprise you to hear? Why don't we all know this technique?

Dr. Charles C. Bass (1875-1975) was a medical doctor who, as a young man, was diagnosed with advanced gum disease. He didn't do what his dentist suggested, to have all his teeth pulled. Rather, Dr. Bass chose to study the microbes responsible for gum disease and figure out a way to reduce their numbers.

Through trial and error, Dr. Bass developed what is now known as the Bass brushing technique as well as the Bass toothbrush that came in your HealThy Mouth System. The Bass brushing technique focuses on disorganizing and disrupting the bad bugs along and under the gum line. You can watch a video about Dr. Bass and the Bass brushing technique by going to [www.OraWellness.com](http://www.OraWellness.com) and watching the video titled "How to Brush to Reduce Gum Disease".

## **Oil Pulling:**

Oil pulling has its roots in the medicine of ancient India, called ayurvedic medicine. The premise of oil pulling is to remove toxins out of the mouth by the swishing and sucking action of oil through the mouth and throat. Think of what oil in an engine does, it cleans and picks up junk out of the engine. Oil pulling applies the same idea. Only in the mouth, the oil is picking up viruses, bacteria and other foreign matter and helps to dispel these from the mouth thereby keeping them from having access to the whole body.

The technique is to simply swish with oil for 15-20 minutes daily, preferably on an empty stomach. Historically, sesame oil was used. Recently, some health practitioners encourage the use of coconut oil as coconut oil has so many beneficial qualities. We do prefer to use coconut oil and really like the idea of putting a couple drops of OraWellness in the oil used for oil pulling. After all, if you are going to take the time to swish oil around your mouth for 15-20 minutes, why not have the benefits of the OraWellness formula swishing around your mouth as well?

For a more extensive explanation of the oil pulling technique, see [Dr. Bruce Fife's book, Oil Pulling Therapy.](#)

## **Floss:**

It goes without saying that daily flossing is very helpful in creating greater oral health. Not only does floss help to disrupt and disorganize the bad bugs, floss does so where the toothbrush doesn't get as well, between the teeth, particularly the molars.

The best floss we have found is GentleFloss by Eco-Dent. We have tried several and have always come back to this brand. It holds together well on rough edged teeth/ fillings as well as has enzymes that support a healthier mouth.

### **Technique is important.**

Two points to bring to light here.

First, it's always important to change the spot of floss between tooth contacts. In other words, don't use the same spot of floss in more than one contact of teeth. Using the same spot runs the risk of spreading any bad bugs you pick up in one place to other areas of the mouth.

Second, run the floss to the bottom of the gum pocket and back up along each side of the contact before moving to the next spot. It still surprises us to hear how many people don't floss effectively. Especially if you find a painful spot, it is extremely important to floss to the bottom of the pocket to disrupt the bad bugs. We're not suggesting causing yourself pain by damaging the gum tissue. Just make sure to floss to the bottom of the gum pocket.

We have found great benefit putting a drop or two of OraWellness between a thumb and finger and running the floss between our fingers. This coats the floss with the bacteria killing essential oils in the formula. Flossing with this technique gives you an ever bigger impact disrupting and disorganizing the bad bugs!

And remember, flossing can tell you a lot about the health of your gums. Be conscious while you floss and smell the floss as well as look at it after each contact. Smelling any off smell or seeing any discoloration will alert you to pay more attention to that area with your home care. [Here's a link to an article we wrote discussing the importance of conscious flossing.](#)

## **HOW TO SUPPORT CREATING A HEALTHIER MOUTH BY SUPPORTING THE HEALTH OF YOUR WHOLE BODY - A BROAD VIEW**

The intent of this section of the HealThy Mouth Handbook is to offer strategies and resources to support the immunity of the whole system. Going with Bechamp's cellular theory, if we bring the immunity up high enough, we will make the body inhospitable for disease causing bad bugs.

How high do we have to bring the immunity? Well, the fact remains that 90% of adults over 30 have some stage of active gum disease. So, it seems to us that we have to strive to support our immune system to 90% of its potential. Once we reach that level of immune health, we will have moved ourselves out of reach of bad bugs. The bad bugs will still be around, but our system will be running at such a level that they won't be attracted to it. Nature functions by culling the weak, sick and ailing. Once we raise our immunity high enough we will have made our bodies inhospitable and unfriendly to these disease causing microbes.

One way we approach this huge idea of how to raise our immunity is through three fundamental principles. We are going to provide an overview here then look at these three principles as they apply to various areas in our lives to create greater health and vitality.

### **Three Principles to Create Greater Health**

#### **Principle One to Create Greater Health: Stop toxins into the body**

This relates back to the story at the beginning of the handbook about the rowboat with a hole in it. We first have to stop toxins from coming into the system before we can ever hope to begin to rebuild the system. So, step one involves identifying the most common and damaging ways we introduce toxins into our bodies.



Here is a quick list of some of the common ways we introduce toxins into our systems. By no means is this an exhaustive list. It's meant to get you to grasp where we are coming from with this principle.

#### **The food choices we eat**

- Pesticides, herbicides, fungicides
- Genetically modified foods
- Antibiotics and growth hormones used in commercial meats
- Synthetic fertilizers
- Our daily dietary choices (more later)

### **The water we drink**

- Ground water contamination
- Plastic bottled water being laced with plastics (very nasty)
- Fluoridation of municipal water
- Chlorination of municipal water
- Municipal water having pharmaceutical waste in it  
(traces of pharmaceutical drugs)

### **The air we breathe**

- Do we live in a city with poor air quality?
- Do we practice any breathing exercises to increase our energy?
- Do we choose to smoke cigarettes? Be around others who are smoking?

### **The products we use on our bodies**

- Hair products
- Skin products
- Mouth products (see our video series What's in my Toothpaste?)  
Toothpaste is crazy filled with major toxins!
- Cosmetics
- Antiperspirants
- Antibacterial soaps

### **Plastics we have regular exposure to**

- Covering prepared foods with Styrofoam or other plastics known to off gas toxins
- Synthetic fiber clothing
- Plastic lining in many canned foods
- Plastic bags, cooking utensils, food storage containers
- Computers, car interiors, children's toys

### **Household items we have regular contact with**

- Cleaning products
- Beds and pillows having toxins in them (see Story of Stuff video)
- Synthetic fiber bedding
- Teflon coated cookware (GET RID OF IT. IT POISONS YOUR FAMILY!)
- PVC toys, windows, shower curtains

### **Our exposure to heavy metals**

- Mercury fillings
- Vaccines
- Water contamination
- Pesticides, herbicides, fungicides

## **Our exposure to mind numbing, negative, hope sucking media**

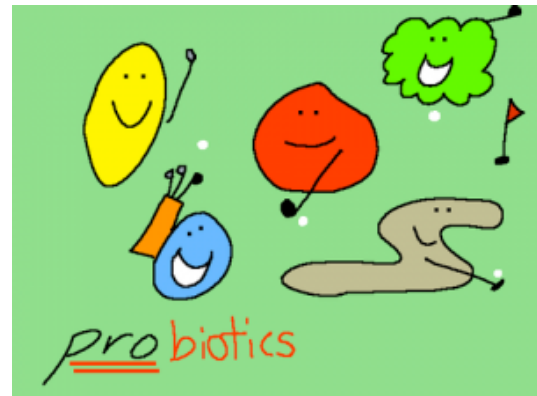
The nightly (bad) news  
News from big corporate sources

So, step one is to eliminate as much toxic material from our lives. What we have found is many folks feel a much greater sense of daily energy simply from reducing the amount of toxins they allow into their lives!

## **Principle Two to Create Greater Health: Re-establish Healthy Probiotic Populations**

It's generally recognized that 70-80% of our immune system is in our gut. What does that mean really? What is our 'immune system' anyway?

It ends up that much of our immune system is made up of 'other organisms' like probiotic bacteria and yeasts. This estimated 3 trillion member strong army of beneficial microbes work for us night and day helping to create a healthy body.



In fact, there are more good bugs living in and on your body than the number of cells that makes up your body!

This vital step of re-establishing healthy probiotic populations incorporates our skin as well. However, for the sake of quickly building maximal immunity, we are going to focus on the digestion, absorption and elimination pathway starting at the mouth and going all the way to 'the other end'.

This is such a huge subject that we are not really going to be able to do it justice in this small handbook. We hope to provide you with some really powerful pieces of the puzzle and where to look for more information.

We need to create a healthy environment from mouth to anus in order to support optimal immunity and vitality. We create this optimal 'inner ecology' by repopulating our digestive tract with the good bugs.

Probiotics support our health and vitality throughout the whole digestive tract. Starting in the mouth, they create an acid/alkaline balance that optimizes the growth of probiotics and fight against disease causing microbes. They coat the throat with a healthy mucous layer.

Probiotics have a 'intelligence' of sorts. For example, in the stomach, these health creating microbes sense what the level of stomach acidity is. If the stomach acidity is too low (as it is in many people), probiotics will stimulate the stomach cells that produce



digestive acid. If the stomach acid is too high, probiotics will help to balance the acidity to what is optimal for the stomach. Probiotics help to normalize what is optimal for a healthy system.

In the small intestine, probiotics help to break down food into particles more readily absorbable for the body's use. They also coat the intestine with a healthy layer of mucous which protects the body from absorbing toxins out of the intestines.

In the colon, probiotics help maintain active peristalsis, the natural undulation of the intestines to keep everything moving along. In doing so, probiotics help to optimize the movement of food and waste through the system. In other words, for those who have digestive systems that run too fast and don't get enough nutrition from foods prior to eliminating them, probiotics will help slow and stabilize the bowel flow. For those people whose systems run slow resulting in chronic, sub clinical constipation, probiotics will help maintain a regular, more complete elimination of waste from the system.

We will go into further detail regarding various options to re-establish healthy probiotics in the diet section of the handbook. For now, let's cover a big oral health step, what we call Mouth Probiotics.

### **Mouth Probiotics – how to create a healthier mouth environment**

Here is a simple, powerful tool to help create greater oral health that anyone can do and doesn't cost a dime! People say knowledge is power. I disagree. Knowledge is just information. However, knowledge applied is power. Here is the knowledge. It's up to you to apply it in your life to make a powerful impact on your oral health.

Our background is in the Chinese longevity arts. You all have heard of Tai Chi. Tai Chi is one of the arts we have been studying for the past 25 years. These Chinese longevity arts were discovered and created by the same people who compiled traditional Chinese medicine which includes acupuncture and Chinese herbology, feng shui, and discovered gun powder and fireworks.

Anyway, these Chinese wise guys as we call them were very observant. They noticed that the younger a person is the more saliva they produce. Anyone who has cared for a baby knows how babies seem to just ooze spit all day long. These Chinese wise guys figured that if a baby has lots of saliva and an old person has very low saliva production, what could they learn from that? They decided that they would figure out how to maintain and increase saliva production to help support youth, health and vitality. The fact that saliva production decreases as we age has been proven by western science now as well.

So maybe you're asking 'what does this have to do with OraWellness?' Only everything! You see, if we can take steps to increase our saliva production, we

are creating and helping to maintain the ecological environment in our mouths that supports a healthy mouth, teeth and gums.

You see, saliva has many components that are extremely good for our oral health. One compound called lactoferrin helps to remineralize our teeth. Wait a second, remineralize our teeth? Yes, you read that right. Remineralize our teeth. Provided that our diet has the necessary minerals, saliva has within it the minerals and compounds necessary to actually rebuild the enamel on the tooth surface.

Saliva also has compounds that establish the acid/alkaline balance to just the right spot to maintain optimal oral health as well as lots of friendly microbes that attack the bad bugs that cause gum disease.

So, why do 9 out of 10 adults have gum disease? Well, considering that we as a culture treat our saliva like spit, does it surprise you that gum disease is so prominent?

Two actions you can start doing today to increase your oral health as well as one massive step you can take if you want to take your oral care to the next level.

### **Step one: stop spitting out your spit!**

We have to differentiate between daily saliva and phlegm. If it's thin and clear, keep it in your mouth. However, if it's thick and colored, that's scientifically called 'a loogy' and you want to spit those out! Phlegm is toxins trying to get out of the body. Spit out any phlegm and keep in saliva. Another useful distinction is the fact that saliva comes from within your mouth. Loogies come from the nose, sinus and throat!

### **Step two: exercise your saliva potential!**

Here is one exercise that the Chinese wise guys created to increase saliva production. Gather whatever saliva you have in your mouth onto your tongue. Make a small pool of it on the tongue. Now, using muscular activity in the mouth and neck, swish the saliva from the front of the tongue to the back several times (25-50 times in rapid succession). Doing so will increase the amount of saliva you have pooled on your tongue. After several times, now swish the saliva all around your teeth and gums for several minutes. I like to do this while driving in my car.

Plus, it makes for some great faces for other people driving to look at! An added benefit is exercising your mouth and neck muscles will help to maintain a younger, toner neckline and help avoid any multiple chins or the dreadful saggy throat skin syndrome! :)

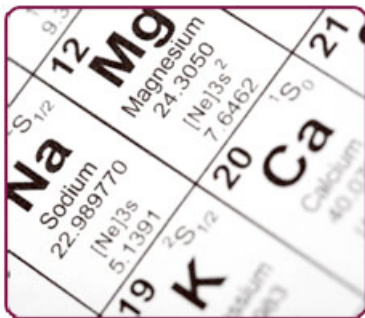
Swishing all this saliva around your mouth is huge for remineralizing your teeth, creating a healthier environment for your gums. An added benefit is it will naturally freshen your breath.

After swishing, swallow the saliva down and smile! You just gave your mouth, teeth and gums a probiotic bath!

An interesting side note, we consistently hear back from customers how using the OraWellness formula increases their saliva production! This is a major win/win as you are actively killing the bacteria that cause gum disease and tooth decay while creating more saliva with all the benefits we just covered!

Give your mouth, teeth and gums the probiotic bath they deserve! Exercise your spit today!

### Principle Three: Address Nutrient Deficiencies



**“You can trace every illness, every disease and every ailment to a mineral deficiency.”**

**Dr. Linus Pauling**

Dr. Linus Pauling is the only person to win 2 Nobel prizes by himself. To emphasize just how knowledgeable this man was, he discovered vitamin C. Needless to say, addressing what nutrients we are deficient in is a very important step to creating the health we can have.

Nutrient deficiencies tend to be like the weakest link in the chain. We may have much of our nutritional needs met, but are missing a few key minerals. It is these missing minerals which are going to determine the level of health we experience.

I recently read a book titled Fertility from the Ocean Deep, by Charles Walters. Mr. Walters is the editor and creator of Acres USA magazine. Acres, as it's called, is known for their astute research and consistent stand on the importance of sustainable farming practices. They have been discussing and supporting organic farming decades before the term 'Organic' became a household word or controlled by the FDA.

The book Fertility from the Ocean Deep covers the work of Dr. Maynard Murray, a physician and researcher whose life work studied the role of minerals to create health and vitality.

Dr. Murray found that ocean water has the perfect balance of minerals in a natural suspension. His research also uncovered that animals that live in the ocean do not get cancer, diabetes or heart disease (or gum disease ;). They, the animals, receive all the mineral nutrition they require to maintain healthy bodies throughout their lives.

Dr. Murray found that plants fed diluted ocean water absorbed the minerals available that they needed for optimal health; in other words, the plants uptook the minerals necessary for those specific plants to optimize their life. Even though a plant will grow exposed to less than optimal nutrition, to optimize the life of the plant, it requires the full range of minerals for its full expression.

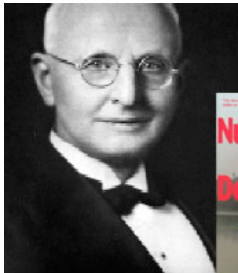
If we eat foods that have been grown being exposed to sea water, our health will be greatly improved. Dr. Murray's research is very convincing regarding stopping such deadly diseases like cancer by feeding sick animals mineral rich foods. Rather than rushing out to the health food store for another bottle of mineral supplements, the ocean contains the perfect balance of all minerals in a very bioavailable form.

The book is a fascinating read. For more information on using what Dr. Murray called sea solids, [click here](#).

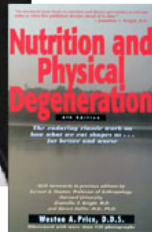
We will get more into the subject of addressing nutrient deficiencies in the diet section of the handbook.

## Diet, exercise, stress and rest – How to support immunity...

### Diet

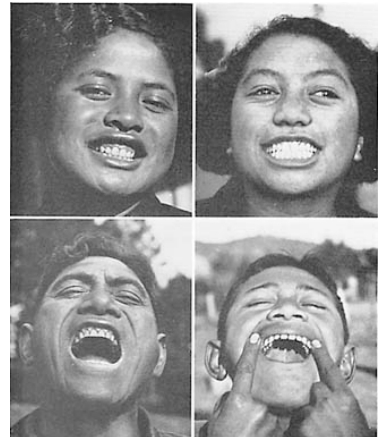


Weston A. Price  
1870-1948



Talk about another huge subject! How do we begin to do this subject justice within the scope of this HealThy Mouth Handbook? We're going to defer to those who we continue to learn from for this huge subject. Here is a list of crucial resources for anyone looking to optimize their health with diet.

No discussion of creating a healthy diet would be complete without a discussion about Weston A Price. If you don't know who this man was and how he single handedly contributed to understanding how to create health through diet, go read about him. It could add years, perhaps decades, to your life, as well as influence the lives of your children and grandchildren.



Weston A Price Foundation: <http://www.westonaprice.org>

Price Pottenger Foundation: <http://www.ppnf.org/catalog/ppnf/>

Our favorite books on food and diet: Each of these book titles is an active link to purchase the book from Amazon.

Nourishing Traditions – this one is really close to all you need regarding health and diet.

Deep Nutrition by Dr. Catherine Shanahan – a great read with lots of diet details

Food Rules by Dr. Catherine Shanahan – a condensed, easy to read health/diet book

We'll also mention Ramiel Nagel's book, Cure Tooth Decay. Although I don't agree with everything Rami says in his book, the information still stands as a very helpful testament, again stemming from the work of Weston A Price.

And for grins, we might as well point you to Weston Price's classic, Nutrition and Physical Degeneration.

Our favorite diet bloggers and sites

Sean Croxton – [www.UndergroundWellness.com](http://www.UndergroundWellness.com)

Sarah Pope - [www.TheHealthyHomeEconomist.com](http://www.TheHealthyHomeEconomist.com)

The Agriculture Society - <http://agriculturesociety.com/>

Nourished Kitchen - <http://nourishedkitchen.com/>

Katie, the wellness mama - [www.WellnessMama.com](http://www.WellnessMama.com)

Joseph Mercola – [www.Mercola.com](http://www.Mercola.com)

info on cultured foods - [www.CulturesforHealth.com](http://www.CulturesforHealth.com)

We are going to borrow some thunder from Dr. Shanahan's great book, Deep Nutrition. In it, she details what she calls the Four Pillars of World Cuisine. These four groups of foods need to be in our diets if we want to reach a high level of immunological health.

The Four Pillars are:

Meat on the bone

Organ meats

Raw foods

Fermented foods – better than raw

We highly encourage anyone interested in taking their health to new levels, read and apply Dr. Shanahan's book Food Rules. In it, she distills a lot of great gems down into a very readable format. Many of the chapters are literally one page making the information really easy to grasp and apply in our busy lives.

Dr. Shanahan explains why each of these Four Pillars are so crucial for creating and maintaining optimal health. Read the book.

We will touch on the Three Principles to Create Greater Health we spoke of earlier as they relate to diet.

Principle One: Stop putting toxins into the body

Principle Two: Re-establish healthy probiotic populations

Principle Three: Address nutrient deficiencies

Here is the list from earlier of ways we commonly put toxins into our body.

Pesticides, herbicides, fungicides

Genetically modified foods

Antibiotics and growth hormones used in commercial meats

Synthetic fertilizers

Our daily dietary choices

### **Eat Organic Food**

Suffice it to say, if you can afford to purchase all organic food for your family you are taking a big step toward keeping toxins out of house. Although organic food isn't everything, it's what we have at this point and is a good place to start to improve one's dietary choices.

*Organic*  
*Good for nature*  
*Good for you*

Choosing organic foods means that your exposure to pesticides and herbicides is much reduced compared to eating commercially produced foods. It also means that you are (hopefully) reducing your exposure to genetically modified organisms.

Ok, we've established that eating organic foods will reduce your exposure to toxins like pesticides, herbicides and genetically modified organisms.

In an effort to keep this concise, we'll go through various food groups and discuss what we understand to be healthier options.

### **Eat lots of veggies**

Vegetables are full of minerals and enzymes which help our bodies create a healthier environment. Here are some guidelines for veggie eating.



Eat some raw veggies everyday – doing so is essential to supporting what is called our 'enzyme bank'. For more information, read Dr. Edward Howell's [Enzyme Nutrition](#) or [Food Enzymes for Health and Longevity](#) or any of the army of raw food blogs out these days.

Eat some cooked, preferably cooked just prior to eating them as opposed to canned or frozen veggies. While raw is good for enzymes, raw is also harder to digest. So, if your system runs fast, try eating more cooked veggies. You can tell if your system runs fast if you often see food particles in your bowel movements. If so, try eating more gently cooked veggies.

Eat many colors of veggies. – Science has now proven that the color of veggie gives a clue as to what minerals it has within and how that may help support health. Rather than only have green veggies, mix in green with orange and red and maybe some purple even!

Eat a good, multi colored green salad a few times a week. Doing so will provide your body with a wide variety of minerals regularly.

### **Cultured veggies**

If you want to supercharge the benefits the body gets from eating veggies, look into lacto fermenting vegetables. Check this out. You know how it is understood that fresh veggies are better for us than frozen or canned? The reason is the antioxidant and enzyme content in fresh veggies goes down the longer the period of time is before eating them. However, cultured veggies (like old style sauerkraut) actually increase their vitamin content as they culture and mature! I think cultured veggies is one of those kitchen secrets from the past. They are making a great resurgence. Whether you choose to make them yourself or purchase quality cultured veggies, get them into your diet. Again, the principle of a little bit regularly seems to produce greater health benefits. So, having a little sauerkraut, kim chee or pickled ginger with your meal is much better than once a week having a bowl full.



### **Fruits:**

Fruits are great for the mineral content. However, we as a culture tend to overdo them since they are sweet. Their sugar content definitely reduces their benefit to a daily diet. For more information, read the chapter Sickly Sweet in Deep Nutrition by Dr. Shanahan or watch the youtube video “Sugar – the Bitter Truth” by Dr. Robert Lustig.

### **Dairy:**

Dairy is one of those subjects, like meat, that really gets people going. Let me clearly state, we are in the 'pro dairy product' camp when it comes to the benefits of dairy in the diet. However, (and it's a BIG However) the quality of the dairy is very, very important whether you will benefit from it or whether the dairy products will contribute to ill health.

If you are going to enjoy dairy products, be sure they are organic, therefore don't have rBST (bovine growth hormone) in it.

Raw dairy products are far better for us. Bottom line is the stuff that most people call milk really isn't saying what's in the 'milk'. Research shows that commercial milk is nasty stuff. Check out the work of [Dr. Francis Pottenger](#) or just google [Pottenger's cats](#) and read about the differences of pasteurized, homogenized milk and raw milk on our health.

Milk is the only food that is produced for the expressed purpose of nourishing another. Think about it. Yeah, veggies are great for us, meats give us lots of nourishing components, but milk is perfect nutrition to support health.

If you are going to consume dairy products, make sure you source the quality. Optimally, get them from a nearby farmer. Enjoy them raw or fermented.

### **Special note on fermented dairy products:**

Having regular fermented foods in the diet are foundational in repopulating the gut with probiotics. Fermented dairy plays a particular role in replenishing the gut with beneficial bacteria. We all know the benefit of eating yogurt for a healthier life. Well, much of the benefit depends on the quality of dairy used, the amount of processing the dairy has undergone, as well as how much sugar has been added to the yogurt.

If you are going to buy yogurt, be sure to purchase organic plain whole milk yogurt. The added sugar to most yogurt really takes away from the benefit of the probiotics.

Better yet would be to make your own fermented dairy products! We cannot emphasize enough the health building quality of making your own fermented dairy products. Humans have been fermenting dairy in their kitchens for millennia to create health for their families and villages.

You can inexpensively make various fermented dairy products in your own kitchen with no special kitchen tools and just a few minutes a day. There are types of yogurt culture that culture at room temperature so you don't need any 'yogurt makers'.

We have to make a special mention to Kefir, another fermented dairy product. Research has proven that kefir is many times more beneficial to restoring and rebuilding the immune system than yogurt is.



For more information on kefir making, check out our youtube channel at [www.youtube.com/TeamingWithNature](http://www.youtube.com/TeamingWithNature). Another great resource for information for home cultured foods is [www.CulturesForHealth.com](http://www.CulturesForHealth.com). Also, there are local chapters of the Weston A Price Foundation all over the world now. You can find if there is a local chapter leader in your area by searching on the foundation's site at [www.westonaprice.org](http://www.westonaprice.org).

## Meat:

Another hotly debated subject is meat. First, we don't claim to know what is best for everyone. Each of us has to feel how our body reacts to various foods. I know that I feel much healthier when I regularly consume quality meats. Let's detail this a bit.



Distinctions for benefiting from eating meat:



Eat organic, grass fed meat. Commercial feed lot meat is poison to the body. How can you expect to be healthy eating unhealthy animals raised in disgusting conditions?

Eat organ meats too (from healthy animals). When we talk about eating meat in our culture, we say meat when we really mean 'muscle meat'. You see, there are many types of 'meat'. While muscle meat is good for us, organ meats

pack way more health building nutrition into each bite. If the idea of eating organ meats turns your stomach, perhaps try some blended products like liverwurst or braunschweiger. These delicious traditional foods combine muscle meats with organ meats and spices to create awesome food.

Learn how to cook meat. Most of us torture our meat when we cook it making it much less beneficial for our health. Again, I refer you to [Deep Nutrition](#) for a thorough discussion about how torturing your meat makes it less nutritional for you.

## Grains:

I'm not into the Paleo movement that is currently so big. I do enjoy eating moderate grains. That said, we as a culture eat way too much grain. You see, grains become sugar in the system. And we all see the results of too much sugar consumption around us everyday.

I'm going to make a broad statement. If you want to increase your health quickly you have to drastically reduce the amount of sugar you eat. I know, I know. You eat well. You don't eat too much sweet food.

### Confessions of a Sugar Addict...



I was raised on sugar and am recovering my health to this day as a result of my childhood sugar habit. I am convinced that our whole culture is addicted to sugar to one extent or another. I am here to tell you that drastically reducing the amount of sugar you eat will have a profound impact on your life. I can't begin to detail all the ways. Watch 'Sugar – the Bitter Truth' by Dr. Robert Lustig. Doing so will really help you understand just how nasty and pervasive sugar is.

If you are going to eat grains, eating whole grains will provide you with more nutrition as processed white flours has been denatured and stripped of the bran and germ, both beneficial components of whole grains.

And remember, any carbohydrate is literally sugar. This is the reason why we must limit the amount of grains we eat. Although whole grains enter the bloodstream more slowly, they still are sugar in the system.

### A Word on Oils for a Healthy Life:

Our culture is so crazed with health experts. Never in history has it been so difficult to know what is good for us to eat! After all, in the past we would have just eaten what our family taught us to eat. Thankfully, now we have access to information like the research of Weston A Price as signposts to help us find the way from foods that make us sick to foods that can rebuild our health.

If you want a good, very well documented read, check out Eat Fat, Lose Fat. Even if you aren't interested in losing weight, the information within the book will provide you with plenty of insight regarding what is real when it comes to which oils and fats are healthy and unhealthy to eat.

### For starters:

Stop using all vegetable oils. Ok, so maybe you eat some processed foods that have vegetable oils in them. Just stop buying vegetable oils to use in your kitchen. Along

with reducing sugar intake, cutting out vegetable oils from the diet may be one of the most important actions you can take regarding increasing your health through diet. For more information why these oils are so horrendous for creating health, I again refer you to Dr. Shanahan's book, *Deep Nutrition* for a thorough explanation as well as [Nourishing Traditions](#) and [www.westonaprice.org](http://www.westonaprice.org).

### **Oils to remove from your diet**

Corn  
Soy  
Cottonseed  
Canola  
Sunflower  
Safflower

### **Oils to include in your diet**

Animal fats (from grass fed, healthy animals)  
Coconut oil  
Olive oil  
Peanut oil  
Butter (oh yeah!)  
Lard (yes, lard)

Vegetable oils become rancid (oxidize) at very low temperatures and wreak havoc inside our bodies. Saturated fats in the 'Healthy' list are more stable and so don't break down as easily. Bottom line is how would we all be here to argue about what fats are health and unhealthy for us if our ancestors didn't eat saturated fats?

### **Eggs:**

Eggs get a special treatment because they have been culturally kicked to the curb and are so incredibly good for us. Quality eggs from pastured chickens not fed garbage are one of nature's perfect foods. Purchasing eggs is yet another one of those times that it pays to spend the extra money for quality.

Of course organic eggs are better than commercial eggs. However, if you can find locally raised pastured eggs you will be amazed by the difference in flavor (and nutrition).

One more note, there has been lots of bad press about 'free range' eggs recently. It seems that chicken farmers can label their eggs 'free range' if the hens have access to a small concrete yard outside. There is a groundswell of local, quality fresh food producers springing up everywhere. Check out [www.eatwild.com](http://www.eatwild.com) as a resource of where to find quality products in your area. Also, ask your local farmer if he uses 'soy free' organic chicken feed. It's available and produces the best eggs!

## Drink Water – Simple Steps to Support Health

Your body is roughly 70% water. It needs water, not soda or coffee. Sure, some coffee can be fine for the body. I would highly discourage any soda use. It's simply too full of junk to be of any benefit at all. Again, we have to keep our eyes on the sugar demon in our diet. The soda industry has been subconsciously imprinted into our psyches for generations now. Suffice it to say that if you are reading this, you know better than to drink soda.

We encourage drinking room temperature water rather than iced water. Drinking anything really cold stops digestion and takes energy from the body's reserves to warm the fluid up to be able to assimilate it. Most of the world already drinks room temp water. Although here in the US we can be leaders in some aspects of life, in some ways we sure are behind the times! Drinking room temp water will naturally improve your digestion. Give it a try...

### **Mind your municipal water! Remember Principle One – Stop the toxins in!**

It goes without saying that drinking water that has been fluoridated is counter productive to creating a healthy life. Don't fall for the BS that having fluoride in the water is going to reduce tooth decay. The research on whether applying fluoride directly on the teeth helps to reduce tooth decay is questionable at best. To put fluoride inside the body does no good and plenty of damage.



Here is one example. Fluoride displaces iodine within our bodies. If fluoride is present in the system, the fluoride will fill that space where iodine would attach and keep the iodine from having its 'landing spot'. Iodine deficiency is directly linked to thyroid dysfunction, yet another rampant under investigated, completely avoidable condition. Since the thyroid is responsible for maintaining a healthy metabolism, sub clinical thyroid dysfunction may be one of the roots to the obesity explosion we see in our culture. Fluoride plays a big part in disrupting the iodine in our foods from being able to find its appropriate home within our cellular functioning. [Here is a link to an informative video on the dangers of fluoride.](#)

Just google 'fluoride poisoning municipal water' and see what comes up.

There is plenty of good research out there showing how even a slight dehydration can cause all sorts of health dysfunction from chronic headaches to constipation. Stay away from distilled water as its natural charge will leach minerals out of the body. We are

looking to replace minerals lost already! We don't want the very water we drink to help strip more from our cells.

### **Also be cautious with bottled water! Again, stop the toxins in!**

We initially were very excited when the bottled water craze took off. After all, folks were drinking water rather than soda! However, more and more research has come out regarding the dangers of plastics leaching into the water.

We encourage folks to carry their own water. We carry our water in either glass bottles with the old style clamp lids or secondarily in stainless steel canisters. The stainless steel bottles have really come into greater fashion.

Here are a couple links for more information regarding the health risks and impact of bottled water.

[The Story of Bottled Water](#)

[Trailer for Tapped, the movie](#)

## **Exercise – the Natural Feel Good Support**

The subject of exercise is yet another field where we as a culture have some confusion about what is 'healthy'. In this chapter we'll cover some essential qualities about exercise we find helpful.

### **Most important exercise principle – Make it Fun for You!**

Bottom line is if exercise isn't fun you are not going to do it consistently. Find something you enjoy doing that's physical and stick with it. As your enjoyment of exercise grows so will your options of what may seem fun to do for exercise. Being consistent is very important for building our immunity over time.

### **Principle of 80%**

We like to live within the idea of moderation. As it applies to exercise, moderation means to workout up to 80% of your potential on a regular basis. Let the extreme athletes push through 90 to 100% of their potential at every workout. Doing so over time will prematurely burn out our adrenal function and negatively impact our health and longevity.

Occasionally challenging our self imposed limits is healthy if we don't get addicted to the thrill. Challenging our anaerobic threshold has benefits, but be careful to not fry your energy reserves.

## **Regularity:**

Exercise is like anything health giving. It's much better in regular doses than a bunch every once in a while. Most of us can get a lot of exercise done in 10-20 minutes. Go for 3-5 times a week and see how your immunity improves.

## **Use it or Lose it!**

When it comes to muscle mass, range of motion, or mental sharpness, the principle of Use it or Lose it definitely applies! We have to use our muscles if we want them to stay strong, tone and healthy. In fact, research has proven that we lose muscle mass twice as fast as we build it. So, we have to use our bodies regularly or suffer the consequence of physical degeneration.

## **Conscious breathing is key!**

Whatever exercise you choose, to increase the benefit of the time spent, be sure to be mentally present during the activity and breathe intentionally. You already know that anything we do with mental attention is going to be more beneficial than if we mindlessly go through the motions.

Unless you are completely addicted to reading your magazine while using the tread machine or stationary bike, keep your attention on your breath and the activity while engaged in exercise. You will get much more out of each minute you spend exercising this way.

Conscious breathing is a foundational aspect of the Chinese longevity arts where we find our roots of practice. Not only does breathing with intention bring greater mental clarity and an increased sense of peace, intentional breathing also increases cellular oxygenation and lymph circulation which improves cellular communication and function. Increased lymph circulation also increases the body's ability to remove toxins from the system. The benefits of deep abdominal breathing are far more beneficial than the fleeting nature of reading something while exercising.



## **Time Management – Making the Most of your Exercise Time**

When it comes to exercise, the most common excuse we hear is 'I don't have the time'. So, it's crucial to get as much accomplished in the time you create to exercise. Coupling conscious breathing with your exercise of choice will get a lot more benefit for the time spent.

Also, the type of exercise impacts how much you get for the time invested. Our favorite exercises to date are:

Qigong (chi kung, breathing exercises)

Yoga

Kettlebell sport (to differentiate from 'hard style' kettlebell training)

Swimming

Inversion therapy(hanging upside down, doing handstands, etc.)

Each of these offers us multiple benefits. Yoga is awesome for the Use it or Lose it principle when it comes to muscle tone, flexibility, and core strength.

Qigong is our foundational practice to apply Use it or Lose it to our Qi (chi), the bio-energetic nature of our bodies.

Kettlebell sport offers a huge efficiency factor in functional strength, flexibility, endurance and mental toughness. Check out [www.IKFF.com](http://www.IKFF.com) for more info on quality kettlebell programs.

Swimming – Well, if Dr. Murray was correct about the health of ocean animals, then any time we can spend in the ocean has a direct impact on the quality of our health.

It is said that health food enthusiast Paul Bragg lived to 107 or 109. Part of his daily routine was a swim in the ocean! If you have access to regular swimming, do it, especially if it's in the ocean!



Inversion therapy - Inverting the body increases blood and lymph circulation, increases mental clarity and creates space in the abdominal cavity for the organs to be in their proper alignment. Inverting can be as simple as laying on the floor near the wall placing your legs up on the wall and relaxing for a few minutes. Head stands and hand stands are an invigorating practice which are best learned under the guidance of a qualified teacher. We like to use tools like an inversion table and our favorite inversion tool is the [Omgym yoga sling](#) which you can see by [clicking here](#).

It really doesn't matter what type of exercise we choose so long as we do it consistently and enjoy the time spent. Coupling intentional breathing with any exercise will not only increase the benefit you will get from the time, it will also provide you with greater peace of mind.

## **Stress reduction – Finding the Eye of the Hurricane**

Again, we can't really do this subject justice in the scope of this handbook. We hope to offer some ideas for you and point you in the direction of quality information.

All these pieces come together to create an opportunity for a very soft, stress free life. While we all strive for stresslessness, we'll get that in the grave! The very fact of life on the earth causes some stress on the body, even if we're just talking about resisting gravity throughout the day!

However, a lot can be said for regular exercise and quality nutrition to provide you with the building blocks for a calmer, more relaxed daily life.

### **Where Your Attention Goes Your Energy Flows**

This principle has been stated in many ways by many cultures throughout history. The bottom line is to learn to focus on what we want. To put that in the negative, quit focusing on what we don't want!

Whatever your religious and spiritual beliefs are, you can find this principle within the sacred texts of your chosen spiritual path. Thankfully, 97% of what we worry about never comes to pass! So, why allow the mind to contemplate what we don't want. The fact is that there is no healthy reason to allow such mental wanderings.

Fairly recent research in this field has been labeled Neuro Motor Rehearsal. Researchers found that athletes who practiced their specific event in their minds had very real muscular and nerve stimulation that were identical to when they were actually performing their athletic event. Bottom line here is the mind doesn't know if we are just imagining something or really doing it in the physical.

So, foundationally, it always boils down to what do you want? Do you want to live a healthier life free of disease? Well then, what would that life feel like? How would you feel? What would you do with your newfound energy?

The world is awash of excellent material on this subject. Every bookstore has a large self help section with lots of quality within.

We will point you in one particular direction due to the incredible nature of the work and profound impact it has had on our lives and our ability to find peace.



## **The Work of Byron Katie**

Truly I cannot do this subject any justice. So, if you want to find peace with any (and I mean any) subject or circumstance in your life, I urge you to check out [The Work here](#). Katie's books, [Loving What Is](#), [I Need Your Love](#), [Is That True?](#) and [A Thousand Names for Joy](#) are not only all excellent reads but transformative works as well.



## **Meditative contemplation**

Plenty of research has been done (as if one needs the external proof of scientific research for this) on the health benefits of meditation. Just using the word can spark some hot spots for some. Again, any religion can practice meditative contemplation. It really doesn't matter if you are meditating on a psalm, a sutra or simply focusing on the flow of breath through the body. All will help cultivate a healthier state.

One simple technique is based on how we direct the mind to think. For example, the questions we ask ourselves play a HUGE part of how we feel. Watch the questions the mind comes up with. If we find ourselves asking, 'why do bad things always happen to me?' is it any wonder that they do??? Here's a powerful question to ask every morning. Give it a try and see how your day is calmer, you feel more trust and flow and tend to be happier. "How can it get even better than this?" This question, when pondered gets the mind thinking in the direction in creating more and more wonderful experiences!

## **Sleep – the magical restoration tool**

Substantial research has recently emerged pointing to how the quality of rest we get while sleeping has a profound impact on our wellbeing and overall health.

Here are a few suggestions to help you get more from your sleep time.

Go to bed around the same time each evening. Doing so will establish a pattern for your body and mind to rest.

### **Go to bed no later than 10pm.**

The body goes into major repair mode between the hours of 11pm and 1am. It is extremely common for folks who stay awake until 11pm to be awake for another hour or two, thus losing the deep repair work that the body relies on for optimal health.

### **Make it dark in your bedroom.**

Research has proven now that light shining on the body (not just the face) will cause a person to have a lighter, less restful sleep. If you need to, make some black out curtains like found in hotel rooms to really create a dark space for you to sleep. If all else fails, get an eyepatch to cover your eyes and create the darkness our bodies require for optimal rest. Also, block any light sources inside your bedroom from shining into your dark space. (the light from most lit clocks is enough to cause a disturbance in the quality of rest)

### **Turn off all electric noise makers (radio, tv, ipod, etc) while sleeping.**

Unless you are using these tools to create what is called 'white noise' to help induce a more restful sleep, turn them off. They are only going to detract from the quality of rest.

We even go so far as to power off all electrical power into our bedroom when retiring for the night. There's plenty of proof around the topic of electro magnetic poisoning. Why expose ourselves to more than we absolutely have to? [Here's a link to the best folks we have found in the industry of how to protect oneself from electro magnetic radiation.](#)

Exercise - Regular exercise helps us get a more restful sleep.

If all else fails, and you find yourself laying awake at night, have your hormone levels checked and optimized. An excellent resource for having your hormone levels measured is Sean Croxton at [www.UndergroundWellness.com](http://www.UndergroundWellness.com). If you do contact Sean, please let him know that Will and Susan at OraWellness sent you his way!

## **Taking Action - Simple Steps to Improve Your Immunity**

In this last section we hope to offer some high efficiency actions you can take to improve your experience of greater health and wellness quickly. Each of these actions is meant to be a high return for the amount of energy they will take to implement in your life.

### **Laugh often!**

We all know the healing power of laughter. Everyday, be sure you laugh, even if you have to fake it to get you started. Like a fake yawn turning into a real yawn, fake laughter will help your being begin to laugh for real.

You know you have made significant progress when you find yourself regularly laughing at your own silliness. The ability to laugh at our own human frailty is one signpost along the path that signals you are well on your way to living a full, happy, healthy life.

We have compiled a list of videos that are sure to help you laugh and feel good. We add to this playlist whenever we are deeply touched with awesome feelings by a video. [You can find this playlist by following this link](#) and clicking on Feel Good Videos in the playlist on right.

### **Diet**

#### **Eat organic foods prepared by your own hands as much as you can.**

Not only does eating organic foods lower our exposure to toxins, but preparing meals with our own hands is literally the best nourishment for our beings.

#### **Cut out all vegetable oils today.**

Just stop purchasing any vegetable oils. They poison the body. That includes any 'buttery spread' regardless of how 'healthy' it is being marketed. Vegetable oils don't have to be converted into 'trans fats' or hydrogenated for them to be terrible for our health!

#### **Take a good, hard look at the amount of sugar you eat daily.**

Excess sugar consumption simply put is a huge factor to degrading our experience of health. If you think you aren't addicted to sugar you really need to take a closer look!

#### **Make bone broth.**

This one step can greatly improve the health of the whole family. Not only does bone broth bring fantastic nutrition into the diet, it also makes all soups incredibly delicious! [Here's a link to how to make bone broth.](#)

### **Eat more veggies.**

If you can make them organic, all the better. Including some fermented veggies would be the best.

### **Enjoy farm fresh dairy!**

Ferment the dairy for even more nutritional benefit!

### **Spend less on supplements and more on quality foods.**

Spend the money you save on reducing your supplement purchases on quality fats, including fresh dairy, grass-fed meats, and pastured eggs.

### **Grow some food yourself.**

Even if it's just a basil plant in a pot in your window, the health benefits of growing your own food are tremendous.

### **Exercise**

Do some at least twice a week! Remember, the benefit of regular exercise to our psychology as well as our cellular health is very powerful. Just find something you enjoy and do it at least 10 minutes, twice weekly. Don't over-complicate it. You don't have to exercise hours each week to benefit from regular exercise. Unless you love it, forget the gym membership. Walk, run, swim, or hike outside and save the membership fees!

### **Combine conscious breathing with whatever exercise you choose.**

When it comes to the time we invest into a given activity and what we are going to get from that time spent, it's wise to get as much 'bang for our buck'.

### **Do something calming for yourself daily.**

You don't have to sit in meditation for an hour to receive the health increasing benefits of bringing the brain into a quiet state. Taking a quiet walk or simply standing to contemplate anything beautiful will help bring greater health and wellbeing into your daily experience.

We keep several 'feel good' triggers around for those moments when we aren't feeling good to help us come back to reality. To quote Byron Katie, thank goodness reality is always gentler than the stories we tell ourselves.

### **Be grateful.**

We have saved this for last. You already know this, but similar to faking laughter or yawning, focusing on what we are grateful for (especially when we don't feel like it!) can have dramatic results on our peace of mind, which directly increases our experience of health and wellness.

We are here to help you navigate to greater oral health and whole being wellness. We look forward to hearing your questions and comments. We are very reachable via [Facebook](#), [Twitter](#), [Youtube](#) as well as [www.OraWellness.com](http://www.OraWellness.com).

We hope that this HealThy Mouth Handbook has assisted you and will continue to assist you along your path to greater health and happiness.



Take Control of Your Oral Health  
www.OraWellness.com

***“In order to reach a new destination we must first know our current location.”***

The OraWellness Mouth Map is to be used as a discovery tool intended to help you better know what is really going on in your mouth.

The Mouth Map will help you remember the specific spots in your mouth that need more care. This map can also serve as a dated record of your self assessment for you as your oral health improves over time.

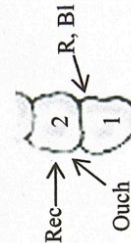
**Instructions**

**Step 1:** X out any teeth no longer in your mouth.

**Step 2:** Going tooth by tooth using a gum stimulator, tooth brush or finger, make notes of any discomforts, swelling, discoloration, pain, etc. on the mouth map.

**Step 3:** Floss while watching in a mirror. Make notes on the mouth map of any spots that bleed, feel swollen or cause any discomfort when flossed.

**Example**

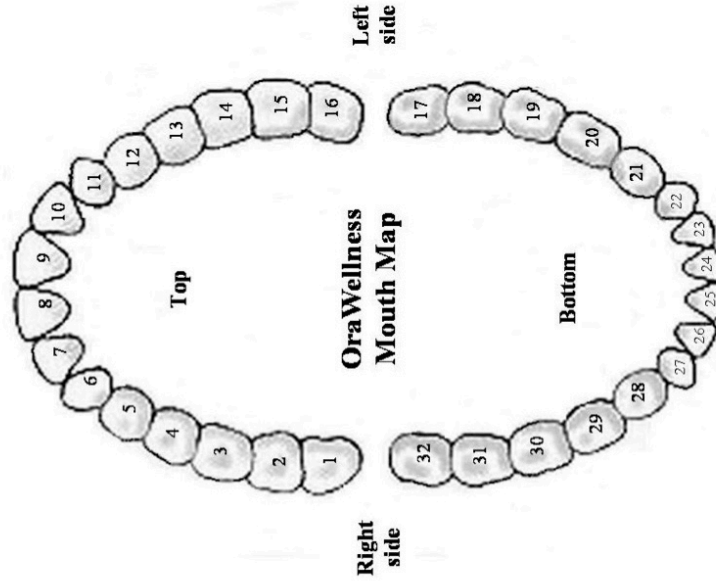


**Note Making Suggestions**

- Redness - R
- Bleeding - BI
- Pain/sensitivity - Ouch
- Gum recession - Rec
- Swelling - Sw
- Pus - Pus

Appendix A  
OraWellness Mouth Map

Note: Be mindful when first starting the chart. You may not have all 32 teeth. Teeth 1, 16, 17 and 32 are wisdom teeth.



Date I completed this map: \_\_\_\_\_